

THE COWL



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OCTOBER 18, 2007

Providence College at Code Blue

How Effective is the Blue Light Security System on Campus?

BY DEVIN MURPHY '10
Assistant News Editor

Questions concerning the security of Providence College have risen lately. Alyssa Loring '08 voiced her concerns about college safety in a post-Virginia Tech world, in a letter to the editor, which appeared in the Oct. 4 issue of *The Cowl*.

Loring questioned the effectiveness of the campus blue-light system and security officers.

Major Jack Leyden, Executive Director of Campus Safety and Security, contacted Loring and assured her that her concerns were not overlooked.

"After my letter to the editor was printed in the Oct. 4 edition, I received a concerned e-mail from Major Leyden," said Loring. "He requested further information so he could investigate the issue. I do feel safe on campus. I've never had a problem, even when walking by myself or with another female late at night."

However, PC is increasing security this year. In the aftermath of the Virginia Tech shootings in April 2007, Rev. Brian J. Shanley, O.P., president of Providence College, has formed the Crisis Planning Committee. The committee has been examining and developing many emergency procedures.

The pre-existing, 12-year-old blue light system on campus will receive an update. "...Each year we've increased the number of phones we have," said Leyden. "Due to constraint we've had to relocate some of them."

PC has entered into a contract with Ramtel, a local security company based in Johnston, R.I.

"We've contracted with Ramtel to retrofit our campus with... an alert system," said Leyden.

Forty new emergency phones will be placed on campus.

Blue Lights/Page 5



MATT LONGOBARDI '10/The Cowl

While the security blue lights are prominent on campus, PC students question their effectiveness.

Students Impress at Art Show

BY SARA BETH LABANARA '11
NEWS STAFF

Creativity, talent and imagination were all present at the Student Art Exhibition, an annual event sponsored by the Art Club. The exhibition took place at the Hunt-Cavanaugh Gallery, which commenced on Wednesday, Oct. 10 and lasted through Tues, Oct. 16.

PC's student artists displayed their work in the gallery which was open for viewers on these days from 9:00 a.m. to 4:00 p.m. A reception followed on Thursday, Oct. 12 from 4:30 p.m. until 7:30 p.m. where many student artists were present to add a face to their work.

The exhibit served as a wonderful way for students, both art and non-art majors, to flaunt their creativity and take pride in their hard work. Art students each year anticipate the Fall Art Show, such as Liz Chapin '09.

"I really love the whole concept of the student art exhibit. It provides a great opportunity for students to show their work, while also getting the chance to see what other people have been working on," said Chapin '09.

The art exhibit is a way for the Art Club to be noticed on campus and to also promote the concept of art in general at PC.

"The art department at PC is a close-knit, small community that ultimately con-

Art/Page 4

CAFE 412 OPEN FOR BUSINESS

BY MELISSA SILVANIC '08
NEWS STAFF

Providence College students are always eager to hear about new restaurants, bars, and shops, and Café 412 is one of the favorites these days. In 2005, the quaint café opened as a coffee and sandwich shop and has now moved into a full restaurant with a beer and wine bar for customers to enjoy.

Café 412's owner, Danny Alasha, is a native of New Jersey who moved to Rhode Island almost eight years ago. After graduating from college with a degree in finance back in 2004, Alasha bought the property that would become Café 412.

"I was selling real estate in college at Johnson and Wales University, and I bought this property. I was either going to rent it out, or use it myself, so I created this café," said Alasha.

The property itself is located at 412 Douglas, Avenue, next to PC Mart, with close proximity to Eaton Street and the Providence College campus. In years past, the building was used as a meat market and a hair salon, but it has never been home to a restaurant or bar.

"I am definitely appealing to the college crowd and it's a great location for my business," said Alasha. "We are open as a full beer and wine bar for students 21 and over."

After 2005, Alasha decided to close

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Soul Food Sunday Exposes Students to African-American Culture

The African-American (Afro-Am) Society gave Providence College students the opportunity to sample a variety of foods from different cultures at their "Soul Food Sunday" event, which took place on Sunday, Oct. 14, at 6:30 p.m. in McPhail's.

The event featured various foods that represent the African-American and Jamaican cultures. These foods were included to help expand the scope of the cultural exploration for PC students.

"The executive board and members prepared the food for the event," said Adriana Okwara '09, a member of the Afro-Am Society executive board. "It took two days to cook all the food."

Along with African-American and Jamaican cuisine, the Providence College Jazz Band provided live music throughout the event. Students were exposed to not only African American cuisine, but music as well.

"The PC jazz band was playing music in the background and none of them were African-American," Afro-Am Society executive board member Claudia Norvilus '09 said. "This shows that you don't have to be African-American to celebrate the culture."

According to Norvilus, Soul Food Sunday was a highly anticipated event, as students flocked to McPhail's well before the event's start time, causing the food to run out fast.

"Most people were there before 6:15 even though the event started at 6:30," Norvilus said, "And the food was all gone by 7:00."

Both Okwara and Norvilus said that they saw Soul Food Sunday as an extremely successful event.

"The event was a great success," Okwara said. "We had about 150 people in attendance."

The cultural exposure does not stop here, however, as the Afro-Am Society has many more events planned for the future to

educate and expose students to African-American Culture.

"The next event is the African-American Society's Annual Fashion [show] on Nov. 16, with the theme of 'Young, Fly, and Flashy,'" Norvilus said.

Okwara expounded further on the upcoming events being hosted by the Afro-Am Society.

"We also have the Black Expo, which is an exposé of African-American culture, and this year's topic will be 'The Birth of Hip-Hop,'" Okwara said. "All of our events are really fun and educational."

In addition to these events, the Afro-Am Society will be hosting the Glow Party, which occurs later in the year. The Glow Party is a dance party where everyone wears white. Black lights are then shined down onto students to make it appear as if everyone is glowing.

"I think that events like this are very important to raise awareness of different cultures on campus," Norvilus said.

For students interested in joining the Afro-Am Society, the group meets every Tuesday in Slavin G29 at 6:30 pm.

—Rick Kurker '09

PC Hires New Dean

In an e-mail from the office of Rev. Brian J. Shanley, O.P., president of the College, Sue Lehrman, Ph. D., was announced as the founding Dean of the School of Business at Providence College on Mon. Oct. 15, 2007. Lehrman will take over effectively on Jan. 1, 2008, after she leaves her post as the Dean of Faculty at Union Graduate College in Schenectady, N.Y.

For the last 15 years at Union College, Lehrman has taught courses in management, marketing, strategic planning, and healthcare management, and she obtained the rank of full professor in 2003.

She held positions as the director of the MBA Programs and dean of Graduate Education at Union College and helped

oversee the development of Union Graduate College as it became an independent and accredited affiliate of Union College in 2002-03.

Lehrman is also responsible for three new degree programs at Union College, including a joint Master of Science in bioethics program with Mt. Sinai School of Medicine. It was under her tenure that Union College's MBA programs achieved AACSB standards and received accreditation by the Commission on Accreditation of Healthcare Management Education.

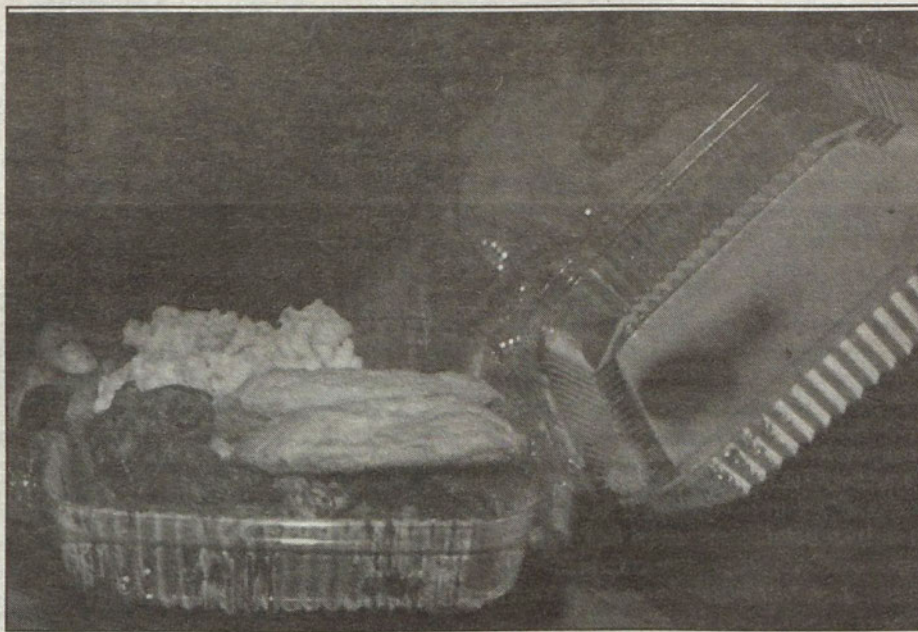
As for Lehrman's own educational background, she holds a doctorate in Health Services Administration and Policy Analysis and a master's degree in Public Health from the University of California at Berkeley. She received her Bachelor of Science degree from Oregon State University.

Before working at Union College, Lehrman held a variety of management positions with the San Francisco-based

hospital system, Seton Health Systems [now know as Ascension Health] for thirteen years. She has worked extensively researching, publishing, and consulting in the areas of HIV/AIDS case management and assessing and managing organizational outcomes.

"I would like to thank the members of the Providence College community who served on the search committee for their time and diligence, as well as all those who participated in the extensive site visits by finalists for the Dean of the School of Business," said Father Shanley, in an e-mail. "I look forward, with them, to welcoming Sue Lehrman to our campus as she assumes this new position that is so central to Providence College's academic reputation and continued success."

—Mike Springer '08



SARA SPIRITO '11/The Cowl

Students had the opportunity to sample ethnic foods at Soul Food Sunday.

CALENDAR**October 19 to 25****CAMPUS**

19 Friday	20 Saturday	21 Sunday	22 Monday	23 Tuesday	24 Wednesday	25 Thursday
12:00 p.m. Organization for Tropical Studies Program Information Session in Feinstien Academic Center 400 4:00 p.m. Fridays at Four-Student Performance, Smith Center for the Arts Ryan Concert Hall	9:45 a.m. Dance for Children, Smith Center for the Arts 2:30 p.m. Liberal ArtsHonors Program 50th Anniversary Convocation, Feinstein Academic Center 315	8:00 a.m. Exhibit: A Rhode Island Sampler: Selected Books on Rhode Island, Philips Memorial Library 7:00 p.m. Mass at St. Dominic Chapel	3:00 p.m. Career Services: DC and R.I. Government Internships, Slavin Center G01 7:00 p.m. Lecture by Dave Zirin: "The Terrordome Sports in the 21st Century," Slavin Center '64 Hall	3:00 p.m. Workshop: Improve Your (Speed) Reading, Philips Memorial Library 333 6:00 p.m. Career Services: Wolseley North America, Moore Hall II	1:30 p.m. Major/Minor Fair, Slavin Center '64 Hall 7:00 p.m. Film: "Lost Boys of Sudan," Moore Hall I	3:00 p.m. Charting the Course: "What I Know Now," Slavin Center G01 4:30 p.m. Mass at St. Dominic Chapel

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ONE MISSION
ONE PERSON** Is it you?



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Accuracy Watch

The Cowl is committed to accuracy and carefully checks every article that goes into print to ensure that the facts are presented clearly and truthfully. If you find an error in any article, please e-mail the editor at thecowl@providence.edu. Corrections will be printed as necessary on page 2.



**ALCOHOL
AWARENESS WEEK
2007**

Saturday October 20th

ZERO PROOF: 9:00 pm -1:00 am, Peterson Recreation Center

Sunday, October 21st

Alcohol Awareness Week Mass 10:30 pm, St. Dominic Chapel
Post-Mass Bash Immediately following mass

Monday, October 22nd

True Life: I'm and Alcoholic 8:00 pm, Slavin Fishbowl

Tuesday, October 23rd

Real or Not Real: 9:30 pm, Mc Phail's

Wednesday, October 24th

Karaoke Night 8:00 pm, McPhail's

Thursday, October 25th

Speaker & Game Board Tournament

5:00 pm - 6:00 pm Speaker, Aquinas Lounge

6:00 pm - 9:00 pm, Game Board Tournament, Aquinas Lounge

Friday, October 26th

Meal or No Meal 8:00-10:00 pm, '64 Hall

Time Management Strategies Help Stressed Students

BY CONOR FERGUSON '10

NEWS STAFF

As incoming freshman attempt to shoulder the sometimes overwhelming college workload, many find themselves at a loss for how to proceed. In reaction to this common distress, Providence College's Charting the Course program has reached out to help guide floundering freshman. On Oct. 11, the program held a seminar to teach students new methods of organizing their time.

The Charting the Course program ultimately focused on easing the college transition of new students. To this end, multiple workshops have been scheduled for every Thursday until Nov. 1. These workshops, which convene in Slavin G01, generally feature upperclassmen or teachers with the experience necessary to impart helpful strategies.

The recent time management seminar was directed by Dan Kwash, the Associate Director of the Office of Academic Services.

"We all have problems with time management to a certain extent but sometimes students especially need a hand," said Kwash.

The seminar, which was pushed from the larger G01 room to the snugger G29 at last minute, was fairly well attended with a little over 10 students participating, all of whom were female.

This feeling of being overwhelmed to certain degrees is not an uncommon one on campus.

"Work can get overwhelming sometimes, but only when exams or papers for several classes have deadlines on the same week," said Kevin Ring '10. That only happens once a month for me at the most, and it's pretty much expected...although that never seems to help stop me from procrastinating."

To begin the clinic, Kwash opted to

have one of the students juggle a single balloon. After a handful more were thrown into her arms, the student eventually lost control and the balloons fell to the floor.

"This is an allusion to time management," said Kwash, "Juggling one activity is simple enough; however, as more and more things are added into the mix, a schedule becomes unwieldy."

To help combat the inevitable stress of a burdensome schedule, Kwash offered a concise plan of action. In order to have students think proactively about the issue of time management, they were polled on their own personal issues with time management. After establishing the problems, which included the likes of sports and homework, possible solutions were developed.

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This is an allusion to time management. Juggling one activity is simple enough; however, as more and more things are added into the mix, a schedule becomes unwieldy.

Dan Kwash

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Essentially, the plan of action entailed developing a schedule that maximized efficiency and stressed that time allotted to work should be used effectively. To help build an economic strategy, participants in the seminar were asked to fill out a 24 hour seven day a week schedule with the exception of time spent studying. It was then stressed that the time remaining for study should focus on quality rather than quantity. Instead of studying for hours on end,

studying for intervals of 45 minutes with breaks in between allows the mind to absorb more information.

Before discussing the aspects of a good schedule, Kwash continued to discuss the importance of time management.

The importance of organization and the downsides of procrastination were especially emphasized. For those that have the discipline to study many days in advance of an exam, hours and hours before the day of the exam are not necessary.

"Never study the night before an exam – just review," said Kwash. "It lowers anxiety."

After going over the basics of time management, two methods for success were offered. The first method put forward was the Daily Checklist.

The process included a few steps that, if consistently followed, were said to be effective. The Daily Checklist is essentially a set of lists ordered around the classes taken each day.

For each class a certain amount of time is devoted to studying and that amount of time should be contingent on the difficulty

of that class.

The second, more structured formula was the Specified Time Schedule. For this schedule, all the predictable time constraints, such as class and sports practice, must first be entered into the timetable.

Then, when these constants are allotted for, study time must be filled into the schedule as the times that are most beneficial. Also, it was suggested that studying for a subject should be done the same day that the class occurs. And just as with the Daily Checklist, the method must be consistently followed for it to be successful.

After the times available for study have been discerned, they should be used efficiently. Kwash suggested dealing with subjects in increments rather than solid blocks of time.

"Treat work like small portions of pie," said Kwash at the end of the workshop, "You want to be in control of your schedule instead of your schedule being in control of you."



SARA SPIRITO '11/The Cowl

Food:412, A Fun Place to Drink, Eat, and Relax

down his café for a few months in order to renovate and gain a liquor license.

While the café had been popular simply as a coffee, pastry, and sandwich shop, it expanded to serve pasta dishes such as shrimp, penne vodka, and wine sauces, after it reopened in the fall. But Café 412's staples over the years have been its thin crust pizza, beer and wine.

"It's definitely a great place to get pizza

“

It's definitely a great place to get pizza if you're tired of Golden Crust. It's probably the best tasting pizza in the area

Ryan Burke '08.

”

if you're tired of Golden Crust. It's probably the best tasting pizza in the area," said Ryan Burke '08.

One of the more popular dishes at Café 412 is the Greenlight special, which is a panini with baked chicken, mozzarella cheese, roasted red peppers, and pesto.

"I live for the Greenlight," said Cat Coyne '08, "I have never actually been in there, but I get delivery all the time."

Another popular sandwich is the Redlight, which is a panini with roast beef, aged Swiss cheese, red onions, sun dried tomato paste, and Russian dressing.

"I live for the Redlight," Lindsay Schmitz '08 said. "I also love the hummus and pita bread that they use as a side dish. It is fabulous," said Schmitz.

For others, it's the pizza that's the best, particularly the buffalo chicken and barbecue chicken pizzas.

"It's all about the Barbecue Chicken pizza," said Darren Helstowski '08.

Alasha prides himself in serving quality beer in more than generous serving-sizes.

"All of our beers come served in a full,

chilled pint glass," said Alasha, "The prices for our beers range anywhere from \$3 to 5, but most of them are only around \$4."

The café also features weekly specials for both its food and drinks. At Café 412, customers can order \$0.99 Narragansett cans every night, get a small menu pizza for just \$6 or a pitcher for Coors for the same price from Sunday through Wednesday.

Right now on tap, students can get Sam Adams Octoberfest, Jack Pumpkin, and Newport Storm Blueberry beer. If you're not a fan of beer, Café 412 also has an extensive wine collection. The wine prices at Café 412 range from \$4.00 for a glass to anywhere between \$16.00-\$22.00 for a bottle.

"They have an excellent wine selection, but I do wish they had a full bar," said Katie Donahue '08.

A kitchen staff, bartending staff, and delivery staff help run the restaurant, but Alasha created the menu on his own and works daily in the kitchen and wherever help is needed.

Some of the favorites on the 412 menu include fresh daily soup selections, creative hot panini sandwiches, fresh thin crust pizza, inventive salads, and dessert crepes.

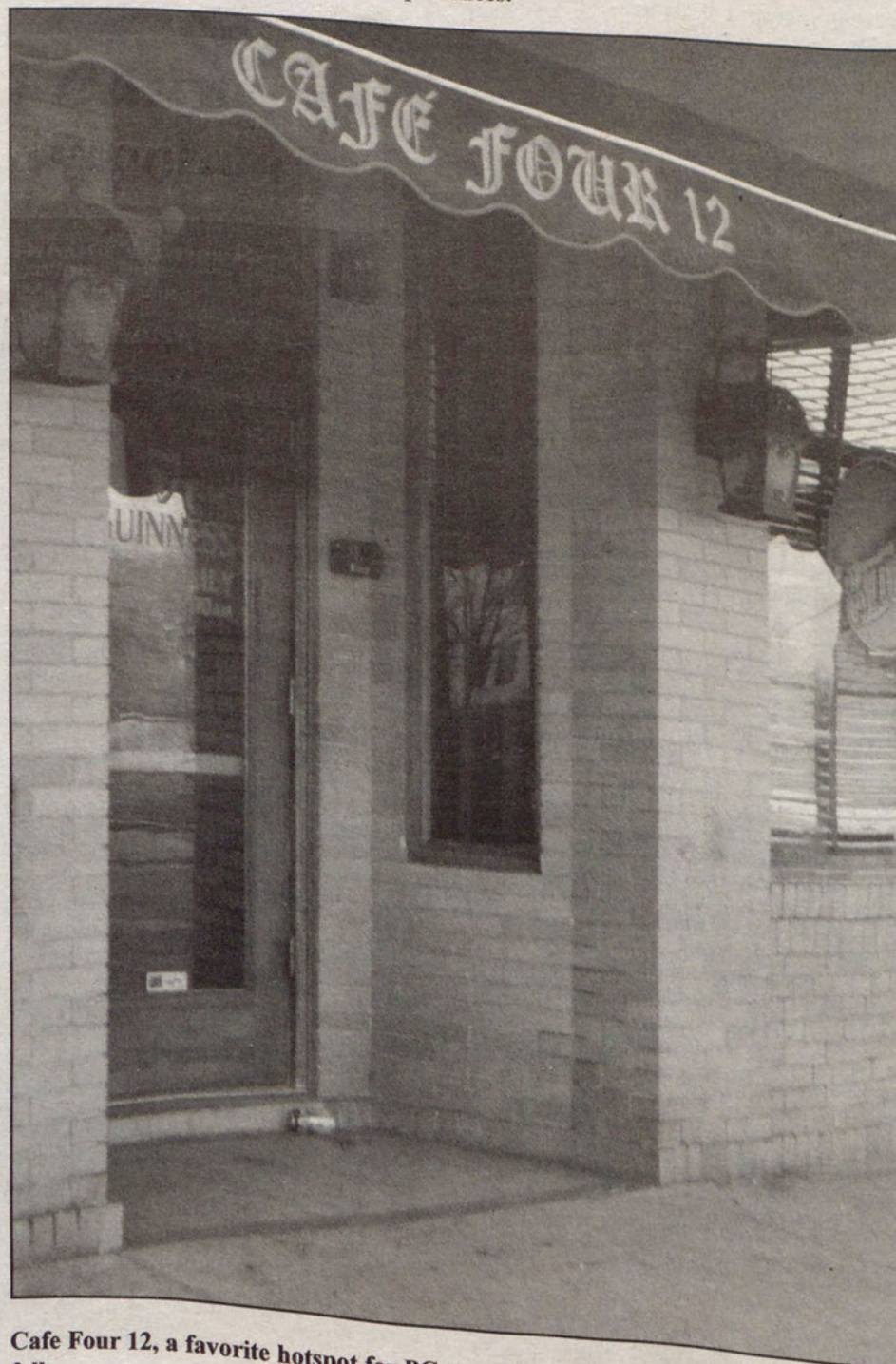
The restaurant is small, but its brick walls and smooth, wooden tables provide a relaxing atmosphere. Typically, jazz music, blues, funk and the occasional rock song can be heard over the speakers, giving the restaurant a very relaxed and casual feel.

"It's just the way I wanted it," said Alasha, "It's very casual and laid back, it's a great place for dates."

Along with Café 412, Alasha also runs the kitchen of another restaurant on North Main Street in Providence called the "Penalty Box". This new restaurant has a full bar and the same menu as our own Café 412.

Café 412 is open daily 11:30 a.m. to 1:00 a.m. Deliveries are fast and free. The owner encourages students to come by and visit the Web site at www.cafefourtweleve.com.

Students prepare for Charting the Course, hoping to improve their organizational skills and to enhance their college experiences.



Café Four 12, a favorite hotspot for PC students, reopened its doors this fall.

The Cowl

Women Will Celebrates Love Your Body Day

BY MIKE SPRINGER '08
NEWS EDITOR

The Women Will organization of Providence College sponsored its annual "Love Your Body Workshop" on Wednesday, Oct. 17, from 9:00 a.m. until 4:30 p.m. The event, which has been a staple of the PC campus for at least the last four years, has been done in part of a national effort that started in 2000.

This event was established to help both men and women to learn to appreciate their bodies and care for themselves in a healthy manner.

"In the media today, they are saying that you have to look this way or that," said co-vice president of Women Will Whitney Henderson '09, "No one is saying to just appreciate your body and who you are and that is what we are trying to accomplish with this event."

Hosted in lower Slavin, the event provided students with pamphlets to help educate them on an array of issues such as the proper way to exercises, healthy eating, sexual health, eating disorders, and hormones. Henderson said that she saw the pamphlets as a good way to educate students on how to live a healthier life style.

"As college students, most of us live on diets of Raman Noodles and Golden Crust," said Henderson. "You need to learn what's good to eat because if you eat healthy you will feel better, look better, and get sick less often."

Both Bax and Henderson said that they wanted to show students healthy ways to exercise and stay fit, which they said that they wanted to accomplish through their handouts and pamphlets.

"A lot of people don't know how to exercise," said Henderson '09, "We can give them the information here on what would be a healthy way to exercise and work out."

There was also a station setup that allowed for students to make their own stress-balls using balloons. The station was a way for students to take a break from their mid-terms and distress.

"I wanted to host the event during the week that everyone has mid-terms because everyone is dealing with stress right now and we all know how bad stress can be," said Women Will President Danielle Bax '08. "This event is a way to treat yourself and help alleviate that stress in a healthy way."

There was even a station that allowed students to make their own scented hand lotions as a way to treat themselves and enjoy the day.

"Most people don't stop and take five minutes out of their day for themselves," said Bax, "and it's really important to do that if you want to be healthy."

Students responded positively to the event and embraced the messages that the workshop emphasized.

"It's important to love your body and feel good about who you are," said Kelly Kranhenbuhl '09.

Other PC students said they saw the event as much needed contrast to the images and attitudes projected in the

view themselves."

Henderson said that it is important for people to feel comfortable being who they are and realizing that they don't have to match society's standard of beauty in order to be seen as beautiful.

"Being insecure about your body is something that every woman deals with," said Henderson. "And just because you don't look like America's Next Top Model doesn't mean that you aren't beautiful or healthy."

According to Bax and Henderson, dancing is an important way not only to be healthy, but also to help people relate to and connect with their bodies. Women Will tried to bring in a belly dancer for the event, but was unable to get one in time. Bax said that they will try and bring in the dancer within the next two to three weeks.

"Belly dancing is the dance for the average college girl and not the one that over-exercise by spending three hours in the gym," said Henderson. "It's a way for women to celebrate their curves."

Bax said she saw dancing as a powerful way for some to get in touch with their body and become in tune with it as they move to the music.

"I love to dance and when you dance you're in tune with how your body is moving," said Bax '08, "Belly dancing is an intuitive dance and it helps you get in touch with who you are."

In addition, Bax and Henderson said that Women Will plans on hosting more events in the up-coming weeks. There will be a Domestic Violence Vigil at 6:00 p.m. in Aquinas Hall on Tues. Oct. 23.

Women Will will also be co-sponsoring with the P.C. Democrats Club and the Political Science Department to host Jen Lawless Ph. D of Brown University. Lawless will be discussing the resistance that she faced as a woman in politics and what other women can do to overcome this.

Women Will meets every Thursday at 7:00 p.m. in the Women's Studies office located in the lower level of Phillips Memorial Library in room 118.

“Being insecure about your body is something that every woman deals with. And just because you don't look like America's Next Top Model doesn't mean that you aren't beautiful or healthy.”

Whitney Henderson '09

media toward women and their bodies.

"Having a positive influence like this event is great because there are so many negative images out there towards women's bodies," said Kristin Comaeu '08. "This event is something that helps you learn to appreciate your body and raise your self-esteem. It's good for women to be aware of their bodies and have a positive attitude toward them and how they

Four Twelve

Free Delivery 270-CAFÉ(2233)
412 Douglas Ave, 5pm-1am

Specialty Panninis 7.00

Chicken Salad - COLD- Chunks of chicken, dried cranberries, pecans with lettuce and monterey jack cheese

Grilled Hot on Foccocia

Most All sandwiches available in a pita wrap

Roast Stack -Roast beef, balsamic roasted onions, swiss cheese, mesclun mix and vine ripened tomatoes with a spread of mayo

Turkey Othello -Oven roasted turkey, provolone cheese, romaine, dash of parsley, vine ripened tomatoes

Knight Ham -Ham, fresh spinach, Monterey jack cheese and a spread of mayo

Feta Cinna -Plenty of feta cheese with roasted peppers, a bed of fresh basil leaves with an olive tapenade spread

Red Light -Roast beef, aged swiss, red onions, garlic sun dried tomato paste, and Russian dressing

Green Light -Baked chicken with mozzarella cheese, roasted red peppers, and basil pesto

Turkey Chutney -Oven roasted turkey breast, swiss cheese with a sweet mango chutney sauce.

Moxley - Grilled Portobello mushrooms, caramelized onions, garlic roasted red peppers, and swiss cheese.

Four Twelve Reuben-Ham and swiss cheese with sauerkraut and russian dressing

Open-Faced on Foccocia

Zucchotta - Slightly charred zucchini on a bed of ricotta, pine nuts and thyme leaves.

Garden Delight -Grilled eggplant, vine ripened tomatoes on a bed of goat cheese and chives.

Salads

Add chicken or Bacon for \$2.00 Shrimp \$4.00

Greek - Romaine lettuce, kalamata olives, feta cheese, pepperoncinis, cucumbers and Greek dressing on the side. \$6.50

Chef's - Mesclun greens and romaine lettuce with tomatoes, croutons, bacon strips and balsamic dressing on side. \$6.50

Caesar - Romaine lettuce, croutons, with grated parmesan cheese and dressing on the side \$6.00

Spinach Favorite -Baby spinach leaves, red onions, feta cheese served with, tomatoes and balsamic vinaigrette on the side. \$6.50

Pizza Thin Grilled

Small 10" \$8.00 Large 14" \$11.00

Four Cheese -Tomato sauce with asiago, Mozzarella, parmesan and feta cheese.

Pepperoni & Sausage -Tomato herb sauce, mozzarella cheese with pepperoni and sausage cheese topped with parmesan.

Eggplant and Peppers -Grilled eggplant, roasted red peppers and feta cheese with our tomato herb sauce, with a spread of parmesan.

Greek -Tomato herb sauce, olive tapanade, with mozzarella and feta cheese, kalamta olives, and peppercino

Margarita-Mozzarella fresh tomatoes, basil leaves with only an EVOO on top.

Tomato Basil -Basil pesto, with fresh tomatoes, mozzarella and parmesan cheese.

Peppers and Mushroom -Tomato sauce with mushrooms and red peppers with parmesan cheese.

Teriyaki Chicken -Mozzarella cheese, red onions, teriyaki chicken topped with parmesan cheese.

Barbeque Chicken -Mozzarella cheese, barbeque chicken and red onions with parmesan

Buffalo Chicken -Mozzarella cheese, buffalo chicken, red onions, peppercinins and blue cheese on the side

Balsamic Chicken -Mozzarella cheese, balsamic chicken and red onions and a spread of parmesan

Pasta Dishes

Comes with bread, Shrimp instead \$2+ Feel free to change sauces

Pomodoro Telephono- Penne pasta tossed with a rustic pomodoro sauce with grilled chicken, fresh basil and mozzarella cheese \$11.00

Linguine Pollo Pesto- Pasta with a creamy pesto sauce, grilled chicken and parmesan cheese \$10.00

Penne A La Vodka- Penne tossed in a creamy pink vodka sauce, with fresh basil and parmesan cheese \$12.00

Shrimp A La Ursillo- Fresh mix of tomatoes, basil and roasted garlic in a wine based EVOO tossed with shrimp and linguine with parmesan cheese \$12.00, chicken instead \$10.00

Soup of the day \$3.00

Desserts-

Sugared and Glazed - Sliced Bananas grilled with brown sugar and vanilla and spread over peanut butter on cinnamon raisin bread finished with walnuts and a chocolate glaze WOW! \$6.50

Crepes Served with fresh fruit and low fat crepe batter Choose: Strawberries, Blueberries, Or bananas

Add: Honey, chocolate, nutella, butter, cinnamon, whip cream or brown sugar Crepes \$2.50, fruits .50 and .25 for toppings

Art:Show a Success

continued from front page

tributes to the larger PC community. We tried to use as many avenues as possible to promote the Student Art Exhibition but people tend to ignore art on campus and it's hard to get our work out there," said Colleen Driscoll '08.

"The PC art community is very unique, and I believe its' identity is growing on campus. The student art show this year was particularly significant for the large amount of participating artists and viewer turnout. I know we are all very proud of the way the show went this year and we look forward to sharing more art with PC in the future," said Paul Endres '08.

The Hunt-Cavanaugh Gallery walls were full of a wide variety of art with different themes, motivations, styles and use of materials. The black and white works of Jackie Duncan '10 were on display and the fall life photographs of Mary Pelletier '09 also shared the gallery walls. The work of Paul Endres '08 was also on display.

Art Club Co-President Shauna Lacoste '07 noted that Endres worked with collaged newsprint and oil pastels in order to create his dollar bill graffiti themed work. Also in the gallery were the works of Caitlin Cotter '11 who created European themed paintings, and Meghan Pyle '08 created two 10 foot skeletons entitled "Female Nude" and "Male Nude".

"The images play with our concepts of modesty, nudity in art, and mortality. As for the media, it was just plain fun to work with so many types of materials! I left the studio covered in charcoal dust, with paint splattered in my hair, and ink all over my jeans," said Pyle '08.

“There is such an emphasis on the arts in the city of Providence with the presence of R.I.S.D and the different art galleries downtown. It was nice to see our college students represented and recognized for their artwork”

Diana Gingles '08.

Colleen Driscoll '08 is another student artist who displayed work in the gallery. She created a self-portrait produced with acrylic paints with the influence of Florence serving as her driving force. "I wanted to create a self-portrait because the best model you can use is yourself and you don't have to impose time upon others," said Driscoll '08.

A feeling of excitement and appreciation was experienced by many student artists due to the opportunity to display their work in the respected and popular on campus gallery. The gallery is usually booked with professional artists displaying their work so it was a unique opportunity for student artists to display their talent and creativity in the gallery.

"It's really important for many of the students to get their art out there, because in many cases only their teachers saw what they were working on; but the exhibit allowed them to show other people their creativity and what they are capable of," said Art Club Co-President Shauna Lacoste '07.

The city of Providence itself is notable for the arts and PC student artists are glad to contribute to this atmosphere.

"There is such an emphasis on the arts in the city of Providence with the presence of R.I.S.D and the different art galleries downtown. It was nice to see our college students represented and recognized for their artwork," said Diana Gingles '08.

The Student Art Exhibition served the purpose of allowing student artists to display their work, and to view the works of others. Promoted by the Art Club, the exhibit at Hunt-Cavanaugh emphasized the importance of promoting the arts at PC. If you missed this year's fall art exhibit and cannot wait until next fall, the Art Club will be sponsoring an Arts & Crafts fair in December where vendors will be present from PC as well as outside of campus. The Art Club meets on Wednesday evenings at 6:30 p.m. at the Hunt-Cavanaugh Gallery and encourages all eager artists to join.

Blue Lights: Improving Campus Safety

continued from front page

"They're going to retrofit them with a red light and an audible system," said Leyden.

This new alert system operates using pre-existing phone lines and new Ramtel phones through a computer program. When the phones are activated in an emergency, a repeat sequence can be activated by security personnel. The repeat sequence consists of prerecorded announcements that circulate among the phones using the public address amplifier and a siren with a strobe light.

"Now we're going to be able to use these emergency alert phones as audible systems," said Leyden.

Currently, when the emergency call button is pressed, the phone dials the security office. A security officer will usually respond within seconds and will assess the seriousness of the situation. The strobe light will continue to blink automatically for 15 minutes, after which it will stop.

The blue lights and phones do have mal-

functions causing them to break periodically.

“

I feel like if someone really wanted to get on campus they could, but that is true for anywhere

Alyssa Loring '08

”

"Because they're outside they're susceptible to the elements," said Leyden.

The phones are inspected once every two weeks to ensure that they are in working order. If a phone is found to be malfunctioning, a report is given to Information Technology. From the Physical Plant repairs the phone. Repairs can take anywhere from one to two weeks. However, the phones always work and can still be utilized by students in case of an emergency even when something else on

the phone may not be working properly. The most common problems found with the phones are broken lights and broken dialing mechanisms.

According to Leyden if students need to contact PC security they mostly use cell phones rather than emergency call boxes.

The blue light system is only one aspect of a larger communication plan to improve and increase security at PC. The college will be partnering with a software company which will alert students of emergency situations via text messaging, cell phones, and e-mail.

"I feel like security has become more noticeable through my years at PC in their SUVs, on their bikes, and walking around campus," said Loring. "The biggest change I've seen this year is the security officers doing rounds in residence halls. I think it's important for the students to get to know the security guards, and I like seeing them around campus."

Another concern raised by Loring was the seemingly apparent ease with which people can get on campus.

"I feel like if someone really wanted to get on campus they could, but that is true for anywhere," said Loring.

According to Leyden the most common unauthorized people found on campus are "neighborhood youths."

"The officers have a pretty good sense of who should be on campus and who should not," said Leyden. "I would urge students to contact security if they see suspicious looking people on campus."

Guests must be registered by students in order to have permission to stay on campus overnight. If guests have cars, they must be registered as well, by students.

The Eaton St. gate is manned by a secu-

rity officer, at a control station, when school is in session. Security guards have the video surveillance system at their disposal. They also monitor street and pedestrian traffic on campus and in the surrounding area off campus.

At night the gate is supposed to remain in a closed position. Last year some mechanical problems were encountered with the gate arms. Physical Plant has since corrected those issues.

However there are still concerns involving the Eaton St. entrance.

"Living in Suites Hall, I frequently use the Eaton St. gate to get on campus," said Loring. "Sometimes it seems as though the guards don't care about checking the cars coming into the gate. Maybe it's because of the obvious parking pass on my car, but I'd like to see them be more conscious of those entering the campus."

"The security down there could be a little better, on Eaton St.," said Melissa Smith '09.

An Incident Command Center has also been added as a new component to campus security. All security officers and Office of Residence Life Staff have been trained in the Incident Command system.

The Counseling Center held a summit which brought them together with PC Security. At the summit they strengthened the protocol, communication, and response emergencies dealing with mental health issues.

The Crisis Planning Committee continues to meet as well on a weekly basis. It has developed emergency and quick response plans which will be placed in all classrooms on campus within the coming weeks.

T.D.F. at the Smith Center for the Arts

Noises Off

By Michael Frayn

Oct. 26-28

Open Auditions: Agnes of God Oct. 30 at 6pm
also for *The Underpants*: an independent student production

Noises Off

By Michael Frayn

Nov. 2-4

Open Auditions: Funny Girl Nov. 14 at 6pm

Boy Gets Girl

By Rebecca Gilman

Nov. 16-18

www.providence.edu/theatre

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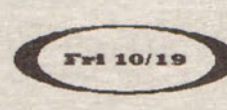
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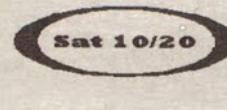
McPhail's Line-Up!



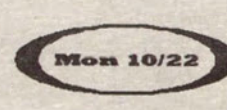
South of the Border Night!
Fortune LIVE!!
Band goes on at 9pm.
Full bar w/ ID @ 8pm.



BOP Concert Series!!
The Brightwings! Sucka Brown!
Stop by for some great music and live entertainment. Full bar w/ ID @ 4:30pm



Senior Night!!
Don't Miss this event!! Join your classmates for a night of dancing in McPhail's! Full bar w/ ID @ 8pm



Monday Night Football!!
Indianapolis vs. Jacksonville
Kick off @ 8:30pm
Free Jersey Mike's!! Full bar w/ ID @ 8pm

Join our McPhail's Facebook Groups!! Check out our AIM McPhails02!!!

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Troubled Teen Opens Fire in Ohio School

Two Teachers and Three Students at Success Tech High School Injured, Recovering

BY AMANDA SILK '08
WORLD EDITOR

AMERICAS: United States

TRAGEDY STRUCK on Wednesday, Oct. 10, in Cleveland, Ohio, when Asa Coon, a 14-year-old student at Success Tech Academy, opened fire on his teachers and fellow classmates. Coon wounded two teachers and two students before turning the gun on himself.

It is speculated that the direct catalyst for his tragic actions occurred on Monday, Oct. 8, when Coon got into a fight with a classmate. According to an Ohio newspaper, *The Plain Dealer*, Coon, an atheist, said that he did not believe in or respect God and another student voiced his disagreement. At that point, Coon said he worshiped Marilyn Manson and then flashed the other student an obscene gesture. A fight then broke out between the two, and they were both suspended. Coon warned the other student, "I'm going to get you. I will get you."

After his suspension, several students feared that Coon would retaliate. One unnamed student said, "I knew something would happen. Yesterday I was like, 'I'm not coming to school, man. This dude might come here and shoot us up,'" according to CNN.

Coon brought two guns, a .22 caliber revolver and a .38 caliber revolver, a bag of ammunition, and three knives into the school.

Police Chief Michael McGraff said he believed the victims were targeted. "We do not believe this was a random shooting. It may have been the teachers he went into the school looking for," reported CNN.

One teacher, Michael Grassie, 42, was

shot in the chest. Luckily the bullet missed both his heart and his spine by an inch. After surgery on Thursday, he is recovering in the hospital.

The other teacher, David Kachadourian, 57, was shot behind the shoulder but is in good condition.



THEPLAINDEALER.COM

One of the teachers who fell victim to Coon gives the thumbs up to paramedics.

One student, Darnell Rodgers, 18, was shot in the right elbow and was released from the hospital within hours. Rodgers told a Cleveland newspaper, *The Plain Dealer*, "I was walking up the stairway and like a whole bunch of kids were coming down the stairway. I knew something was wrong, but I thought it was probably just a fight, so I just kept going. I never thought it would happen at my school."

The other students were injured and recovering at the Rainbow Babies & Children Hospital. Michael Peek, 15, was shot in his abdomen. His injuries also do not appear to be life threatening. Trinnetta

McGrady, 14, was not shot by Coon, but was stampeded and injured by her classmates as they fled.

Coon's peers had apparently attempted to voice their concerns about Coon with their principal, Johneta Durant.

However, the conversation never

tive, he was placed in a shelter, where he attempted suicide. Coon was placed in a mental hospital and it was suggested that he suffered from bipolar disorder.

After he was released he was enrolled in Success Tech. A teacher at Coon's former school told *The Plain Dealer*, "He had issues. I was not surprised at all he was the shooter."

Success Tech is a magnet school for students who are gifted yet troubled, which appeared to be a great place for Coon. As a family friend told *The Plain Dealer*, "as long as he was busy with his hands, he was cool. But when he was bored, he would lash out."

One friend of Coon told *The Plain Dealer*, "He just couldn't handle the kids always messing with him. I'm not justifying nothing and not saying he's did the right thing but his cries for help were just not heard."

While the school does employ a security guard, who was working on Wednesday, parents have been concerned about the safety of the school for some time.

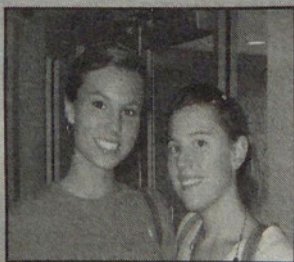
The school department does own metal detectors, but they randomly move them to various schools within the district.

Coon lives in a dismal neighborhood with his mother, sister, and twin brother. His brother was arrested earlier this week but details are not known.

Over the past year there were 304 separate incidents involving guns in the school district. Nine of the incidents occurred at Success Tech. The spokeswoman for Cleveland, Maureen Harper, announced that the CEO of the Cleveland Metro Schools, Eugene Sanders, would present Mayor Frank Jackson with a new plan for school security, reports CNN. Unfortunately, community members see the report as too little, too late.

Ask PC

Do you recycle?



"We try to!"
Amy Miller '09 &
Maggs Hutton '09



"Who doesn't recycle?"
Kevin Black '09 &
David Heath '09

COMPILED BY DIANA GINGLES '08

Rice Visits Israel to Bring Peace

BY JENNY ARVANAGHI '10
WORLD STAFF

MIDDLE EAST: Israel

ON SUNDAY, Secretary of State Condoleezza Rice traveled to Israel to work with both the Israelis and Palestinians in an attempt at a round of shuttle diplomacy.

There has been talk of a peace agreement between the two sides for some time now and Rice's visit is intent on closing the gap so the two sides can outline a peace deal.

A peace agreement is set to be held in Annapolis, Md. in late November.

Rice warns Israel to avoid any actions that would jeopardize the Mideast peace process. Just last week, Israel angered Palestinians with talk of taking over some Arab territories for a road project.

In defense, Israel claims the territory will ease Palestinian travel in the West Bank. Rice stated to Israeli leaders in response to this assertion that these "actions and statements that erode confidence in the parties' commitment to a two-state solution. It's just a time to be extremely careful," according to *The Wall Street Journal*.

Israeli Prime Minister Ehud Olmert and Palestinian Authority President Mahmoud Abbas are supposed to work on a joint agreement in the international meeting

taking place next month.

Already some disagreements have been brought up such as the form of document that should be used in the agreement.

Israeli government officials want a declaration of principles, a more vaguely worded document, while Palestinian leaders want a formal outline with detail about borders, sovereignty over disputed Jerusalem and a solution for Palestinian refugees.

The two nations have met regularly over the past few months to talk about the land and Israel's willingness to turn over much of the Arab east Jerusalem to a future state of Palestine.

Rice expects to meet with both sides in order to discuss the layout of the peace agreement, although she doesn't believe there will be great changes amongst both sides in her visit.

She told reporters on the plane, "I don't expect out of these meetings that there will be any particular outcome in the sense of breakthroughs on the document," according to CNN.

In continuation of her trip in the Middle East, Rice will stop in Egypt on Tuesday to see President Hosni Mubarak and then travel to Britain on Thursday to see King Abdullah of Jordan.

The participation of these countries, along with Saudi Arabia, is key to the success of the conference and in turn the success of the Bush Administration's attempt to bring about peace.



The Sunny Side

Positive News Stories in a Negative World

Seattle Demonstrates Recycling Success

BY MOLLY VAUGHAN '08
WORLD STAFF

DESPITE INCREASED CONCERN for the environment, recycling efforts in the United States have hit a standstill in recent years. Since the recycling boom of the late 1980s, most states have not seen any significant upturn in efficient waste management.

However, one major American city that has begun to see progress is Seattle, Wash. The city recycles 44 percent of its trash, far above the national average of 30 percent.

The city places emphasis on environmentally friendly goals, and a unique new initiative will soon be implemented: Everyday food waste will become a mandatory recycling ingredient.

This may sound strange, but companies in the Pacific Northwest have come up with a way to turn a profit on food scraps.

One such company is Cedar Grove Composting, which prides itself as being on the "cutting edge" of recycling.

"This is the cool side of trash," Cedar Grove founder Steve Banchemo told *The New York Times*. Huge piles of garbage from Seattle are lined up in rows and covered with a fabric similar to that used in high performance Gore-Tex clothing.

What begins as tons of yard waste and food scraps emerges two months later as

compost that can be sold by the bag at garden centers. The high-tech fabric that covers the waste allows air to enter while simultaneously stifling those inevitable unpleasant odors.

Now that Seattle encourages people to mix food scraps with their yard waste and recycle them, Cedar Grove will have their work cut out for them.

By 2009, food recycling will be mandatory for Seattle residents. "The food waste issue is the new frontier for recycling advocates," Kate Krebs, the executive director of the National Recycling Coalition, told *The New York Times*.

Seattle's efforts have secured their place as a recycling trendsetter. They experienced a drop in recycling efforts for a time, but they seem to have found their footing again. Jerry Powell of Resource Recycling magazine is optimistic about American recycling efforts in general. "This decade is the best for recycling markets ever," he said. By his count, more recycling legislation was passed in 2006 than in any of the past ten years. Even the sluggish reports in many places have to be kept in perspective, he added, considering that today recycling is a part of almost everyone's daily life.

With places like Seattle leading the way, recycling may be headed back into the spotlight.

Nobel Foundation Announces Peace Prize Winners

BY CHRISTOPHER MITCHELL '09
WORLD STAFF

SCIENCE & TECHNOLOGY

THE NOBEL FOUNDATION announced the recipients of the 2007 Nobel prizes last week, honoring positive contributors to society as it has been since its establishment in 1900. The recipients include prominent figures in literature and the sciences (physical, chemistry, and medical), as well as those who have been recognized in their efforts to foster world peace.

As they usually do, the group of winners encompassed a variety of nationalities. French and German physicists Albert Fert and Peter Grünberg (respectively) jointly received an award for their discovery of giant magnetoresistance, a discovery that vastly improved the development of computer hard disk drives.

British author Doris Lessing received the award for her well-known prodigious works that encompass such diverse topics as socialism, feminism, and even science fiction. This marks Doris as the eleventh female recipient of the Nobel Prize in the foundation's history.

The Nobel Prize for Chemistry was given to German scientist Gerhard Ertl for his investigations into the chemical processes on solid surfaces.

As for the health sciences, the award was given to Americans Mario Capecchi and Oliver Smithies, as well as British researcher Martin Evans, for their pioneering advances in gene targeting and

the use of "knockout mice," advances that have greatly enhanced several fields of study, including developmental biology and stem cell research.

All of these awards, for better or worse, pale in comparison to the far more well-known Nobel Peace Prize, whose recipient was announced last Friday.

Yet this year's award was unique in that it was given out to recognize primarily environmental, as opposed to political or

Though it may seem unusual that Al Gore was equally recognized along with the hundreds of scientists associated with the IPCC, the Foundation stands by its decision.

"He is probably the single individual who has done most to create greater worldwide understanding of the measures that need to be adopted," states Ole Danbolt Mjøs, chairman of the Nobel committee, to CNN.

Such recognition could very well have a positive impact on the future of the environment, but the Nobel announcement quickly became politicized with Al Gore once again under the spotlight. Many have wondered whether or not Al Gore may use such publicity as an impetus to join the already swelling ranks of presidential candidates.

A so-called "Draft Al Gore committee" has even produced an entire one-page ad in *The New York Times* pushing for his candidacy. The group claims to have collected over 100,000 signatures from supporters.

Michael Feldman, close friend to Al Gore, says that Gore will remain strictly committed to his current endeavors.

"He is not planning a campaign and continues to spend as much discretionary time as he can trying to solve the climate crisis," Feldman tells *The Washington Post*.

Despite such political implications, a White House spokesman officially told reporters that President Bush was "happy" for Al Gore's achievement.

The spokesman then quickly stated that President Bush nonetheless has no current intention of imposing stricter greenhouse gas regulations.



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Some of the lesser known Nobel Peace Prize winners.

Left to Right: Doris Lessing, Gerhard Ertl, and Mario Capecchi.

humanitarian, contributions. Having been awarded to Al Gore, along with the UN-created Intergovernmental Panel on Climate Change (IPCC), the award also couldn't have been given to a more well-known, and perhaps controversial, figure.

"This is a chance to elevate global consciousness about the challenges that we face now," Gore said to reporters just hours after the Nobel Committee announced his joint-receipt of the award.

Gore announced that he would donate his share of the \$1.5 million prize to the Alliance for Climate Protection. The Alliance is an environmental organization that Gore started.

Oddly Enough

Vodka Drip Saves Man's Life

In Australia, an Italian man ingested ethylene glycol in a suicide attempt. He was given a continuous feed of vodka as doctors tried to keep him alive.

Ethylene glycol is a poison found in antifreeze. Its antidote is pure alcohol.

When the doctors had depleted the hospital's supply of pure alcohol, vodka was fed to the 24-year-old through a continuous drip.

The man was given an average of three drinks per hour for three days. By the end of the three days, the ethylene glycol was thwarted by the vodka and he made a full recovery.

Because he was in a medically induced coma, the effects of a hangover were not substantial.

By Diana Gingles '08, World Staff

Soundbite of the Week



LAWANDDISORDER.ORG

"What am I going to do? I am going to fight ceaselessly as I have done all my life."

- Fidel Castro, vowing to Cuban newspaper *Granma* that he will recover.

The Washington Correspondent

Mary Kate Nevin '09 Reports the Latest International News

Despite Objections, House Committee Recognizes Armenian Genocide

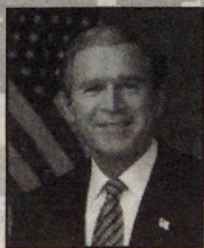
A HOUSE COMMITTEE voted last Wednesday, Oct. 10, to officially recognize the mass killings of Armenians by Ottoman Turks in the early 20th century as genocide, despite concerns that such a vote would jeopardize Turkish relations with the United States.

"Despite President George Bush twisting arms and making deals, justice prevailed," Rep. Brad Sherman, D-Calif., told *The Associated Press* after the vote. "For if we hope to stop future genocides, we need to admit to those horrific acts of the past."

The House Foreign Relations Committee passed the resolution, formally titled the "Affirmation of the United States Record on the Armenian Genocide Resolution," with a majority vote of 27-21. The resolution is not legally binding and thus is mainly symbolic, yet the administration worried the consequences of passage could be dire for American affairs with Turkey as well as the Iraq war effort.

"We all deeply regret the tragic suffering of the Armenian people that began in 1915," President Bush said in a statement. However, he continued, "this resolution is not the right response to these historic mass killings, and its passage would do great harm to our relations with a key ally in NATO and in the global war on terror."

About 70 percent of U.S. air cargo sent to Iraq passes through or comes from Turkey, as does 30 percent of fuel and all new armored vehicles. If the resolution is passed, some fear Turkey will sever its military ties with the U.S., as it did with France in 2006. The withdrawal of Turkish support for American forces could mean losing these crucial arms routes for the United States.



PBS.ORG

"This resolution is not the right response to these historic mass killings, and its passage would do great harm to our relations with a key ally in NATO and in the global war on terror."

President George W. Bush

"Access to airfields and to the roads and so on in Turkey would be very much put at risk if this resolution passes and the Turks react as strongly as we believe they will," Defense Secretary Robert Gates said outside the White House after the meeting.

As of Sunday, Turkey had recalled its ambassador for consultation, and warnings from Turkey's government seemed to confirm Washington's fears.

"If the resolution that has passed in the

U.S. committee is accepted by the assembly of the House of Representatives our military relations with the United States can never be the same again," Turkish chief of General Staff, General Yasar Buyukanit, told a Turkish newspaper.

Armenian officials, however, applauded the results of the vote. "The fact that Turkey has adopted a position up to now on genocide does not mean that it can bind other states to deny the historic truth as well," Armenian President Robert Kocharyan told reporters. He said he hopes the vote would lead to "full recognition... of the genocide."

From 1915 until about 1917, up to 1.5 million Armenians were systematically killed by Ottoman Turks looking to drive them out of what is now eastern Turkey. Turkey, however, has claimed the death toll is exaggerated and Armenians were merely among thousands of victims of the chaotic upheaval of the Ottoman Empire.

The issue of U.S. recognition of these events has surfaced in several administrations throughout the century, but thus far Ronald Reagan has been the only president to explicitly refer to the events as genocide. The Armenian resolution will go next to the floor of the U.S. House of Representatives, where there is expected to be a vote sometime next month.

Week in Review

BY BRETT CORRIGAN '09
WORLD STAFF

Local

RI Foster Families are Paid Enough

The Rhode Island Department of Children, Youth, and Families (DCYF) reported that despite reports by the Children's Rights and the National Foster Parents Association to the contrary, Rhode Island foster parents are paid a decent allowance.

The national report claimed that Rhode Island foster parents were paid much less than those of neighboring states, such as Massachusetts and Connecticut.

Patricia Martinez, director of Rhode Island's DCYF, argued that the report did not include several ongoing payments such as clothing allowances, which total between \$300 and \$750 per year depending on the age of the child, transportation allowances, medical funding, birthday, and holiday allowances.

"We all agree that foster parents should be compensated fairly," remarked Martinez. "Foster parents have earned our praise and our gratitude for caring for many of Rhode Island's most vulnerable children. They are the backbone of the child welfare system."

After analyzing all of their ongoing payments, Rhode Island DCYF announced its monthly average foster care payments is approximately \$729, and that it will continue to make sure other data discrepancies have not been overlooked by the National Foster Parents Association.

National

Treasury Encourages Investment

The United States Treasury announced this week that it will award \$3.9 billion to encourage national businesses to invest in distressed communities in 24 states, and in particular in New Orleans.

The Treasury's Community Development Financial Institutions (CDFI) Fund, whose "mission is to expand the capacity of financial institutions to provide credit, capital and financial services to underserved populations and communities in the United States, gave approximately \$400 million to 11 organizations in New Orleans alone.

Established by Congress in December 2000, the program is intended to attract private-sector capital investment in the nation's urban and rural low-income communities to help stimulate economic growth and create jobs.

According to the Deputy Secretary of the Treasury Robert Kimmitt, "These tax credits are intended to spur new private sector investment in communities in need across the United States and encourage continued redevelopment and reconstruction in the Hurricane Katrina Gulf Opportunity Zone."

International

Syria Imposes New Visa Restrictions

According to the UN, Syria has begun imposing new visa restrictions allowing only Iraqis with visas for commercial, transport, scientific, and educational purposes to enter the country.

The action is a result of an overwhelming number of Iraqi refugees, more than 1.4 million, who have crossed the border into Syria.

In response to the new limitations, the United Nations High Commissioner for Refugees (UNHCR) urged Syria to also make humanitarian visas available for Iraqis trying to flee the violence.

The new restrictions have also left many Iraqi refugees already in Syria nervous about their residency status.

Consequently, the UNHCR has been bombarded with phone calls about the matter.

Another problem with the visa system, according to the UN, is that in order to obtain visas, Iraqis must apply at the Syrian Embassy in Al Mansour, an increasingly violent district of Baghdad.

The UN also fears that if larger numbers of individuals gather in this area it could become a prime target for insurgency.


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THE COWL

Current Issue: October 11, 2007

SENSITIVO




Making the Early Choice

Students begin support for presidential candidates

by Beth Lenehan '08 in News

Though the next presidential election is more than a year away, some students on the PC campus are giving their support to a specific candidate. Jacob Bissailon '09 is the media coordinator for the Providence chapter of Students for Obama, a national organization.



News

Art Show Displays Variety of Student Talent

Sports

Providence Earns Split on Midwest Tour

Winter Sports Preview

A Brand New Season

Men's Hockey Ready for Another Exciting Year

World

Record Breaking Arctic Melt Worries Scientists

Microsoft Zune: A Threat to iPod?

Commentary

Handicap Parking Spaces Abused

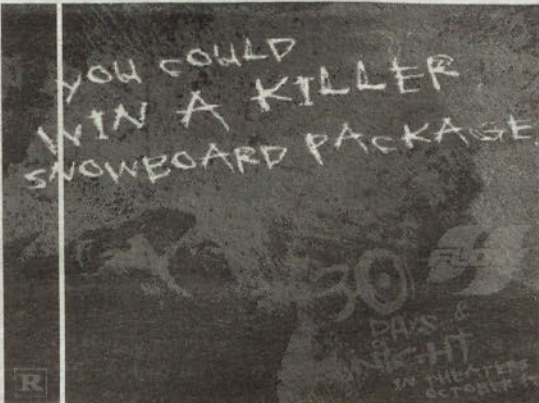
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The Sun Will Come Out Tomorrow



BY JACKIE KRAMER '10
COMMENTARY STAFF

CULTURE

I have a friend who has a strategy to get through each day. When her self-esteem is low, something goes wrong, or she is just having a bad day, she asks herself, "Will the sun rise tomorrow?" The answer, of course, is always, "Yes." And that makes her smile. That gets her through the rough times because she knows that tomorrow is a new day, and she starts thinking about all the beauty that a new day brings.

Other people do not have so simple a strategy. I know that when some people feel down, they do not eat. Some cannot stop eating. Many turn to drugs and alcohol. Some physically harm themselves or others. Self-esteem is a serious issue in our country. We are the most fortunate generation in the most fortunate country and we can't see that because our self-esteem tells us otherwise. Thank you, Hollywood. Thank you, mass media. Thank you, warped perception of beauty.

I am not saying that we should stop watching television and movies. I am not saying that we should stop buying *Covergirl* and *Abercrombie* products. I am just asking that we be happy with who we are and what we have.

The Dove Self-Esteem Fund is a perfect tool to promote awareness about self-esteem in America and throughout the world. If you have not already seen them, check out the videos *Evolution*, *Amy*, and *Onslaught* on Youtube or Dove.com. They are short films demoting the media's warped-message of what beauty is and promoting self-esteem among women. Dove uses advertisements portraying real women of all shapes, ages, and sizes—not just size zero, aged 18 to 24, six-foot-tall models who have been airbrushed to perfection. "What's the truth about beauty? Dove recently set out across 10 countries and interviewed 3,000 women to find out: Only 2% of these women describe themselves as 'beautiful.' About 3/4 of them rate their beauty as 'average.' Almost 1/2 of them think their weight is 'too high.'" Those statistics are alarming because it does not stop with low self-esteem. It manifests into poor grades, bullying, depression, alcohol and drug abuse, unsafe sex, self medication, dangerous dieting habits, and drastic measures such as surgery to achieve the correct level of "acceptable" beauty.

Low self-esteem does not just affect women. Men suffer from depression and low self-esteem, as well. The stereotype that men have to be "strong" and insensitive makes it even harder for men to admit and seek help. According to the University of Cincinnati's Counseling Center Web site, men who experience "low functioning, poor school work, poor interpersonal relationships, unhappiness, low productivity, long term self-esteem issues," as well as loss of a significant relationship or job and sexuality issues are at risk for depression. And according to the National Eating Disorders Association, there are about one million men with serious eating disorders. The sad reality is that, like women, many depressed men become

SELF-ESTEEM/Page 11

Confessions of Catholics

American Catholics Neglect the Sacrament of Reconciliation

BY ANDREW SPARKS '09
COMMENTARY STAFF

A sad bit of news was printed one week ago in *Time* magazine on the sorry state of Catholic spiritual life in the United States. According to a 2005 survey conducted by the

RELIGION

Center for Applied Research on the Apostolate at Georgetown University 42 percent of

Catholics said that they never go to confession, 14 percent said they go once a year, and a paltry two percent said they go to confession regularly. In fact, when asked how long it had been since they last confessed their sins, many simply could not remember.

The decline in confession rates has occurred gradually over several decades, but never before has the rate reached such an alarming low. Reasons for not going vary greatly, but in general most people consider the sacrament a thing of the past. Indeed many people who no longer confess their sins still attend mass each Sunday, such as Franca Gargiulo, a Catholic from San Francisco who claims, "It lost its efficacy for me. It was too much a perfunctory exercise about church rules instead of Christ's teachings." Strangely enough, the sacrament is a direct result of Christ's teachings, who gave his disciples the authority to forgive sins in his name, stating in John's Gospel "If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." It seems, however, as though many American Catholics these days have sentiments similar to Ms. Gargiulo's, as most cite Vatican II as relegating the sacrament alongside "prayer veils and meatless Fridays."

Indeed, while the post-Vatican II mentality stresses mercy over severity, it is important to remember that Christ's mercy

is affected through the sacrament of Reconciliation, which in the very formula of absolution states God's granting "pardon and peace" to the penitent. Moreover, severe penances are for the most part a thing of the past, and so fears of severity and strictness are utterly unfounded and serve as poor excuses for not receiving the sacrament. Furthermore, the plain fact that Reconciliation remains one of only seven sacraments clearly shows its importance and the prominence it should have in the life of every Catholic.

Yet another reason most American Catholics cite for not going to confession is their disagreement with the Church's positions on various issues. The Church ban on artificial contraception, for example, is one of the biggest bones of contention, as many American Catholics do not perceive it as immoral. Without a doubt, this is the more fundamental issue: We are absolving ourselves of our sins and responsibilities as Catholics. It is puzzling that the modern mindset which embraces extramarital sex and casual use of artificial contraception has been around for only about 40 years, and still many American Catholics demand that the Church—established by Christ 2000 years ago—should "get with the times" and abandon her timeless doctrine to suit our whims. It is all too easy to forget that the Catholic Church is the universal church, which transcends not only all borders, but all times. Clearly we are in no position to impose terms as to how and when we will accept her doctrine or partake in her sacramental life. Even in the case that we do disagree with her doctrine, the responsible thing to do is to enter into dialogue with her, rather than simply pick and choose which teachings are convenient for us and our lives.

Perhaps the most compelling reason why American Catholics avoid confession, however, is the Church sexual abuse scandals, because many lay people

thought "the bishops... were arrogantly evading the same kind of penance they demand from their flocks." Yet, even in the midst of this apparent hypocrisy, it is important to remember that the Church is created of sinful and erring men and women, but there is still that divine part of her which permeates her teachings, no matter how personally sinful the teachers may be. In this case the laity must look beyond the fallen shepherds and realize that the sacrament of Reconciliation is offered for their own personal failings, and that it is a grave mistake to avoid confession altogether.

You can imagine, then, how truly blessed we are on the Providence College campus to have confession offered three times during the week, in addition to the vast presence of priests who are more than willing to offer the sacrament at any and all times. It is imperative that we take advantage of all the opportunities we have to experience the healing and mercy offered by God in this sacrament. It is strange that we Catholics should avoid such a good thing, so we should all ask ourselves, "How long has it been since I have been to confession?"

Confession Times This Week:

Wednesday:
3:30-4:30 p.m.
8:00-9:00 p.m.

Saturday:
3:30-4:30 p.m.

Girls Go From Classy to Flashy

The Transformation of Outfits in Providence College Girls is Like Day and Night

BY MARYCLAIRE DUGRE '10
COMMENTARY STAFF

Every Tuesday and Thursday from approximately 11:15 a.m. to 11:30 a.m., I have the rare opportunity to actually make use of one of the various benches placed around our campus. In between classes, I have just enough time to collect my thoughts, take a breather, and engage in what I must admit is my guilty pleasure—people watching.

CAMPUS

What I have noticed, among other things, is a marked difference in the trends of girls' apparel during the day (say around 11:20 a.m. or so) and at night, on a typical Friday or Saturday. By day, the campus is a montage of stripes, plaids, and polka dots. The same polo shirt in 10 different pastel hues circulates between Harkins Hall and Feinstein Academic Center. Abercrombie moose, Hollister seagulls, and Polo horses are the wildlife of this preppy jungle. Cutesy headbands and pearls are necessary accessories, and let us not forget the winter staples—Ugg boots and black Northfaces.

Perhaps I am stereotyping with the brand names, but it cannot be disputed that generally speaking, PC girls dress smartly and modestly for class. One usually does not see too much cleavage in Civ class and the motto "the thigh's the limit" seldom applies to frequenters of jean skirts. In fact, the average girl would have no need for an outfit change if she were meeting Grandma for dinner later that night.

But come Friday, as soon as the cover of night is upon us, all the trends, fads, and dress habits mentioned above are thrown by the wayside and chaos—in terms of fashion, of course—ensues. The sound of clunking stilettos reverberating throughout the halls signifies the commencement of Friday night festivities. Pearls are discarded for wild, beaded earrings and necklaces. Flowing, bejeweled tops made of unknown, usually stretchy, material are donned in place of polos. The brighter and funkier, the better. As one of my friends put it, dressing to go out is like getting in costume, with the sporting of shiny, metallic shoes and dazzling, almost hypnotizing designs. And we are not talking paisley or madras. The classic J. Crew styles that permeate this campus are temporarily "out," while an urban, runway look becomes the momentary ideal appearance.

Modesty, too, is forgotten, if not consciously avoided. The wholesome, Catholic school-girl image is abandoned for a much more risqué look. Plunging necklines and jeans that threaten blood circulation make you see a fellow classmate in an entirely different light. (Who is *that* girl!?) Why do we do it? Because it is fun and it provides a change of scenery for a few hours.

Enough of the details, you get the point. Any sociable student at Providence College may observe this transformation for himself or herself on a given weekend. What interests me is that these two absolutely opposing styles coexist for most girls in a completely non-conflicting manner. It is an unspoken code of conduct that we girls dress for the

country club by day and simply for the club at night. Our closets consist half of cardigans and khakis and half of halter tops and mini skirts. Is it just me or does this make us inconsistent, if not double-natured? Preppy apparel is part of the Providence College persona and it plays a dominant role in shaping the image of the student body, at least as perceived by outsiders. Hence, it is of great amusement to me how many girls turn that image completely on its head every weekend.

But it is so commonplace that it never even comes up in conversation. No one seems to acknowledge this accepted habit, and yet everyone plays by the rules: "Going out clothes" are for just that, going out. The shift back into weekday clothes on Monday morning is so complete that oftentimes the only vestiges of a wild weekend are the blisters on girls' feet—previously prancing around in three-inch heels and now resting comfortably in Eliza B. flip-flops. What would the parents and perspective students on the tours think if PC girls carried their dress-to-impress tendencies into the school week? Whatever the effects would be, this never happens and instead our conservative reputation remains intact.

Forgive me for exaggerating, for there are, of course, exceptions. Not everyone opts to be scantily clad on the weekends and not everyone wears Eliza B. flip-flops during the week. But as an ever-present convention of the social scene of this school, the issue deserves some attention, even if it is only from an observant Tuesday morning benchwarmer.

IMAGE BY: WWW.ELITISTA.INFO

It's A Bird! It's A Plane! No, It's . . . Al Gore?

BY MICHAEL PETTINARI '09
COMMENTARY STAFF

The Nobel Peace Prize is quite possibly the most prestigious award one can receive in his or her lifetime. So why did they give it to Al Gore? You would think

NATIONAL

he has accomplished enough, what with being an Academy Award winner; touring all over the world promoting the fact that in ten years the polar ice caps will drown your town. Oh, and let's not forget inventing the Internet. He has also, from what I hear, done a lot to prevent the world from the dangers of the allusive woodland creature: The manbearpig, which is of course as we all know, half man, half bear and half pig.

Al Gore, what will you save us from next? It's not that I do not believe in global warming. I do. I think that it is a serious issue. Second only to the manbearpig . . . naturally.

Easy, far-lefters; hold the hate mail. I really do believe in global warming. I think that it is a very serious problem that we as a nation must face together. I just hate Al Gore.

In the past three to four years, we as a nation have witnessed the increase of awareness in the fading ozone layer. More importantly, we have witnessed the increase of awareness in Gore. Everywhere you look, he's there. He's at the Oscars, he's at the Emmy's, he's even taken his message to the younger generation by making an appearance at last year's MTV Video Music Awards. The man never takes a vacation from his constant struggle to rid the world of the dangers of climatic change. But we all knew we were tearing the ozone layer to shreds. With all the aerosols and gas-guzzling SUVs that we see on the road, people have known about global warming for a long time now. Mr. Gore, however, apparently hasn't.

Let us take a trip back in time. Gore lost the 2000 presidential election to our current commander in chief George W.

Bush. After that, we didn't hear much from the former vice president. Every now and then he'd make a public appearance sporting a new, scrubby, Grizzly Adams-like beard. Some years went by, and Gore managed to stay under the radar and continued living his life with his darling, dirty language fighting wife Tipper at his side. Fast forward two years, to 2006, and Gore makes his comeback. This time ditching the scrub and cashing in on his winning lotto ticket, "The Climate Crisis," with his Oscar winning documentary "An Inconvenient Truth."

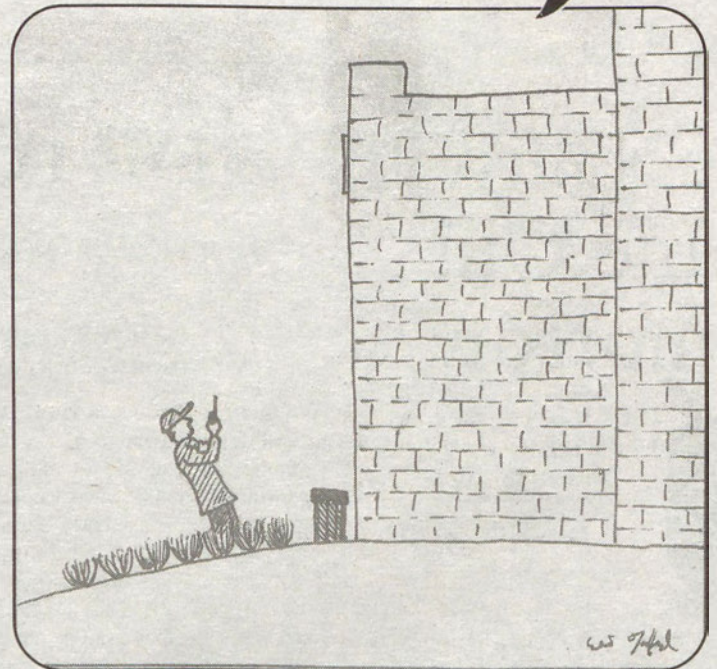
Is it possible, and this is purely hypothetical, that Gore saw a chance to get back in the good graces of America? It seems that Gore stayed out of the public eye until he was ready to come back with a new agenda. But what is this new agenda? Is it really to spread the news that the world will one day be a giant ocean? Or is it to get back in the political spectrum and make one more run for the White House?

You see, Gore now has a goal. He has something that makes him look great to the general public. Like Superman saving Lois Lane from the clutches of Lex Luther, Gore will not rest until he has the world convinced they are all going to die and the only way to save them would be to elect him into the Oval Office. I realize that he hasn't officially put in his bid for president, but take a visit to www.draftgore.com and tell me what you think.

So, you make up your own mind. As I said before, I do believe in global warming. I see it as a very serious global problem that we have to address together. My only problem is that I don't need Al Gore to tell me what to do. Furthermore, I don't need any of Al Gore's left-wing, liberal minded cronies like Melissa Etheridge telling me how to live my daily life. I'll buy a hybrid when I have the money. I'll do my part, but will it do anything? I don't know. Gore seems to think it will. But in the end, it really comes down to the age-old saying, only time will tell.

BY ERIC FULFORD '08
COMMENTARY STAFF

TOO
HOT FOR
WORDS



"I'm at the Smith Center right now.
It looks like the O, R, T, H,
and E were removed . . ."

Letters to the Editor:

Former PC Student at Columbia University Provides Insight

I would like to clear up and expose some unfortunate generalizations made by some such as Mark Scirocco. Here at Columbia, over the past year, there has been an ongoing discussion about free-speech in academic institutions, among both the faculty and student body. As a result, there is a clear faction of those that support the invitation of an open microphone to individuals with a history of prejudice and offensive behavior, and those that do not. When Gilchrist and Steward spoke at Columbia last year, it was the decision of some student organizations that do not support hosting said individuals to keep Gilchrist and Steward from making their speeches. Some of the same organizations protested the invitation of Ahmadinejad. There did not exist a greater support for letting the Iranian president speak, but merely a greater presence of security to prevent students from interrupting the speech (as a result of the growing hype over the situation). I understand that President Bollinger made some remarks in his introduction that were unprofessional in the context of a formal debate. However, this was not, by nature, a formal debate. In a discussion where Bollinger had only his introduction to speak, and no room for rebuttal, he was required to ask his questions and lay the subject of the forum on the table immediately. He responded to what Ahmadinejad had done and said in the past, not make accusations about what Ahmedinejad was planning on saying. When we "cheered wildly" during the speech, those instances occurred when there was a general support for the questions posed by the moderator, Dean Coatsworth of the School of

International and Public Affairs. The reaction of those two remarks made by the former University of Colorado professor, Ward Churchill and former Harvard president, Larry Summers is not evidence that liberals treat matters of free-speech differently with regard to what the speaker believes. The University of Colorado and Harvard respond differently to offensive statements made by their faculty, not surprising considering their status as public and private universities, respectively. An academic institution getting rid of a faculty member for their statements is not a violation of the right to free speech. When a professor publishes, patents or researches anything, it is done under the umbrella of the university, legally. The decision to get rid of an individual that does not maintain the school's mission is reasonable. Over the week that Ahmadinejad spoke, there were over 10 other world leaders present on campus discussing their nation and the global front. Some were protested, others were welcomed with open arms. Neither Columbia, nor any institution or student body represents a single liberal mindset. The College Republicans club had every intent to hear what Gilchrist and Steward had to say regarding the present state of illegal immigration in the United States. I hope for the sake of anyone who reads this that they do not fall prey to the naive sentiment that one can speak singularly about everyone with a liberal theory of government.

—Devin Hurson,
Providence College '07, Columbia
University '08

Cowl Letters Policy

The Cowl welcomes guest commentaries and letters to the editor from all members of the Providence College community, as well as outside contributors.

All submissions must include the writer's name, signature, a phone number, and an e-mail address where he or she can be reached. Articles will be printed as space permits. Anyone whose letter is given consideration for publication will be contacted by the Commentary editor to verify the author and confirm the authenticity of the piece.

Letters should be no more than 250 words in length. Guest commentaries should be limited to 700 words in length, and only one will be published per week. The Cowl editorial board and its administrative supervisors reserve the right to edit articles for space and clarity. If there is a portion you specifically wish to remain unchanged, however, please inform the editor-in-chief. Letters to the

editor are the opinions of the writer only and do not reflect the viewpoint of The Cowl staff.

Submissions must be delivered, mailed, or faxed to The Cowl office no later than 5:00 p.m. on the Monday before publication. Mail submissions to 549 River Avenue, Providence, R.I. 02918, Slavin Rm. G05; fax to 401-865-1202; submit online at www.thecowl.com; e-mail to thecowl@providence.edu; or hand deliver to The Cowl Office in Slavin G05. Call 401-856-2214 with any questions.

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Tangents and Tirades

Radiohead makes waves in the music industry. There are a number of reasons why I do not buy CDs anymore. Mainly because they are overpriced, there are easier ways to get the music I want from my friends for free, and there are not a whole lot of albums that come out anymore that I really feel the need to buy. Since no one likes spending upwards of \$10 on a CD, last week, Radiohead (one of my favorite bands), released their latest album, *In Rainbows*, online . . . for FREE! No, that is not a typo. The new album is made up of 10 brand new tracks that have never been available to the public without going to see Radiohead play live. Since the contract with their former record label expired with their last album, *Hail to the Thief*, they decided to take matters into their own hands and remain independent as a band. So if you go to their Web site to download their album, you are given the option to either spend as much or as little as you want on it. It all depends on how much you value their music and music in general. Prince, Madonna, and Trent Reznor from Nine Inch Nails are all following suit and dropping their record labels, paving the way for affordable, quality music to come back in a big way. Since all of these bands sell out every one of their shows when they go on tour, making a monetary profit on their music is not an issue. In short, God bless Radiohead. It is about time someone stuck it to the man and reminded the music industry that it is not the money that matters, it has always been the music. Go download *In Rainbows*; it is free and it is unbelievable.—**Aiden Redmond '08**

Exercise your right to work out! I would like to use my tangent to exclaim how much I love the new gym. The Concannon Fitness Center not only looks good but it provides a comfortable and exciting place to work out. I cannot tell you how much I love the televisions on each of the cardio machines! There is something about being able to watch *American Pie* or *C.S.I.* while I am riding the exercise bike that makes me happy. I have seen people reading for their classes while exercising. I do not think I am a good multitasker but I love that other people are. Now I am a person that likes to exercise, in theory, but usually when I get to the gym I go on one of the machines for 20 minutes and then do not come back for another two months. All that has changed, however, with the new fitness center. I can go on the exercise bike or the treadmill, pop on MTV, and not even realize that I am exercising. That is pretty cool. So to sum up, I love the fitness center. The end.—**Andy Kowal '10**

A clean obsession. I love Purell. I love the sensation of alcohol being absorbed into my palms, killing 99.9 percent of the bacteria multiplying on my fingertips. As far as I am concerned, Purell is the greatest thing since sliced bread. On move-in day, I think my jaw dropped when I noticed the Purell dispenser attached to the bathroom wall. Not only do I have two large Purell bottles in my room (one for back-up), I also have a mini-Purell bottle for my purse. Yes, I am that girl on the RIPTA who is slathering her hands with hand sanitizer before offering several drops to anyone within a five-foot radius of her, and cannot help but grimace at the mere thought of having to touch one of those poles. Cough or begin hacking up phlegm in front of me, and it takes all the will power I can muster not to dig inside my bag to retrieve my bottle and offer this deprived individual a couple of drops. It is a germ world out there and with flu season approaching, you too (just like the Gardasil commercials) can become ONE LESS. One less victim to the evils of runny noses, scratchy throats, and crusty, pink eyes. So do yourself a favor: Run down to the nearest Sam's Club, buy some Purell in bulk, and get those germs before they get you.—**Taylor Trudon '11**

The blind fight between parties. You know what I am sick of? Political parties bashing each other for no reason. I cannot count the number of times I have heard friends say "I can't stand Republicans," or "I can only handle a few seconds of this liberal bull." What kind of an attitude is this? The United States of America was formed to "establish Justice, ensure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty," not to establish divisions, ensure domestic unrest, and promote unfounded dislike for each other. Blanket statements that encompass the entirety of a political party undermine the unity that is our ideal. Heated political debates are a good thing, but when it comes down to "you are wrong because you are a Republican," I think the argument has lost its potency. I have seen politicians and even everyday citizens arguing some point, but neither would admit they agree on anything—simply because they had labeled themselves as Republican or Democrat, and that of course, automatically signifies that they cannot possibly agree on anything, and so they argue over semantics when it is entirely unnecessary. It bothers me how many people claim their views are those of the "vast majority," when in reality it is impossible to tell what the "vast majority" thinks about anything. There are so many different slants and viewpoints; even within a single political party, there are thousands of different approaches to one issue. The whole concept breeds division in this country as a cohesive whole, and we really need to forget political biases and focus on what will make this country's name actually describe us—the *United States of America*.—**Ben Perry '10**

The truth about An Inconvenient Truth. Many of you who received word of Al Gore's 2007 Nobel Peace Prize victory were probably wondering what the former vice president's climate crusade has to do with world peace. Soon after receiving his award, Gore told his fans in the main-stream media that he would be "Going back to work right now." Before doing so, however, the media, the Peace Prize Commission, and everyone else buying into this global warming hoax might want to consider the recent findings of a court in Great Britain. At the conclusion of a lawsuit filed in an attempt to keep Gore's movie out of England's public schools, the court found that *An Inconvenient Truth* contains nine falsehoods. Among these mistruths are: Gore's representation that snow on Mt. Kilimanjaro is melting due to global warming, that Hurricane Katrina was caused by global warming, and that polar bears are drowning due to disappearing Arctic ice caused by global warming. In addition, according to British news sites covering the case, teachers in England must make the following notes to students if they wish to show the movie: "1.) The film is a political work and promotes only one side of the argument. 2.) If teachers present the film without making this plain they may be in breach of section 406 of the Education Act 1996 and guilty of political indoctrination. 3.) Nine inaccuracies have to be specifically drawn to the attention of school children." Perhaps the Peace Prize Commission should be more selective when picking future winners.—**Mark Scirocco '10**

Raymond Cafeteria: The staple in everyone's diet. I am a huge fan of Raymond Hall Cafeteria. Correction: I *used* to be a huge fan. That is until Oct. 10 when I was sitting in Ray eating my taco with two of my friends. I had eaten about 3/4 of the delicious taco when I bit down on something hard that I was not expecting. Now I know that ground meat sometimes has its imperfections—small cartilage pieces, etc.—so I was tempted to just ignore this crunch and swallow to avoid the rude scene that would follow from spitting my food out into my napkin. I bit down on this hard unknown object yet again and decided to take it out of my mouth. Instead of pulling out a piece of animal, however, which is gross enough as it is, I found a rusty piece of metal, about the size of a staple, contorted and disfigured in everywhich way. I immediately talked to the manager who assured me, after taking the staple from me, that she would bring it up at their next meeting. I was grateful for her apologies as I was very disturbed by this event, but as I began thinking about what had just happened I got more and more wound up. What if I had swallowed this unedible, sharp, rusty, piece of metal as I had planned? Chances are I would not have even known . . . until it stuck into my throat and gave me tetnis that is! Or until it tried to make its way out of my body, perforating my small intestines causing me to bleed internally! Now that I have given you a very pretty picture to dwell on, I will leave you with the nauseating feeling that I too felt that Wednesday night. But for now, it's dinner time and there is a nice Ray salad with my name on it.—**Shannon Obey '08**

Which political party will get your vote in the 2008 Presidential election? To learn both sides of the issues, Commentary is bringing you "Political Ponder" featuring students from PC Democrats and PC Republicans. Coming Nov. 1 to a paper near you!

No Excuse for Catholics Who Vote Democrat

BY MICHAEL RUBIN '08
GUEST COMMENTARY

Joseph Valley's Letter to the Editor "Hillary Clinton is no Joan of Arc," in the Oct. 7, 2007 issue of *The Cowl*, is a good lesson in how not to argue a sensitive moral issue. Getting heard by one's opponents in the abortion debate is always difficult, but insupportable attacks on others do not improve matters. Hence, I doubt that Valley's letter, which claims that the religion of pro-choice Catholics "is hedonism," has won any converts.

Nevertheless, the substance of Valley's argument—that Catholics must not vote for pro-choice politicians—is absolutely right. Writing with regard to any law permitting abortion, John Paul II said in *Evangelium Vitae* that it is "never licit to obey it, or to take part in a propaganda campaign in favor of such law, or to vote for it." Valley is also correct about the consequences for Catholics guilty of such "formal cooperation in an abortion." As the Catechism states, "the Church attaches the canonical penalty of excommunication to this crime against human life." In other words, if you vote pro-choice, you have kicked yourself out of the Church.

This is an embarrassing reality for the 55 percent of American Catholics who vote for Democrats, whose platform unequivocally supports abortion on demand. While many such nominal Catholics simply do not believe that abortion is wrong, those who do have invented many justifications.

For instance, they point out that a Catholic can vote for a pro-choice candidate when there is a more important issue at stake in the election. Furthermore, they claim that Democrats deserve the Catholic vote more than Republicans—Democrats support government programs to help the poor as the Gospel commands, and Republicans support war and the death penalty, which the Church hierarchy wants abolished.

That is some pretty determined excuse-waving, but it will not make them fly.

First of all—a more important issue than abortion? If it were not so tragic that every year our government permits millions of parents to kill their children, I would find this excuse funny. It is like a Russian Catholic defending his sup-

port of bloody Communist dictator Joseph Stalin because he eliminated unemployment. Sorry, but there is *no* problem today more pressing than abortion. Some may complain that this turns Catholics into single-issue voters, but that is the problem with the widespread murder of innocents—it tends to take over your attention until it is stopped.

Hence, while the Democrats' support of using government programs to help the poor is laudable, it does not compensate for their support of baby-killing. As John Paul II wrote in *Christifideles Laici*, "The common outcry, which is justly made on behalf of human rights—for example, the right to health, to home, to work, to family, to culture—is false and illusory if the right to life, the most basic and fundamental right and the condition of all other personal rights, is not defended with maximum determination." Thus, the Democratic party platform directly contradicts Catholic principles.

The Republican party platform, however, does not. As Pope Benedict XVI made clear when he was a cardinal, though some in the Church hierarchy do recommend abolishing war and the death penalty, they affirm that "there may be a legitimate diversity of opinion even among Catholics about waging war and applying the death penalty, but not however with regard to abortion and euthanasia."

Likewise, while Catholics are commanded to provide for the poor, the Church recognizes that "Catholics may legitimately take different approaches to these issues," including solutions in the private sphere (as advocated by Republicans). Hence, it seems Catholics may vote Republican with clear consciences.

This is not to say Catholics must vote Republican. On the contrary, this writer is skeptical of the Republicans' commitment to ending abortion, especially since several are outspokenly pro-choice, like Rudy Giuliani.

Rather, the bottom line is that Catholics must start using all political means available to end abortion *now*, and stop using personal profit, voting history, or dislike of other parties as excuses not to do so. This may mean voting for pro-life third parties, or even not voting (while making sure the politicians know why)—Catholics must use prudence and Church guidance to find the right course of action.

One thing is certain: It is *not* voting Democrat.

Self-Esteem: Media Sets Dangerous Standards

continued from page 9

suicidal, but men are more likely to have successful attempts at killing themselves.

Of course, each person is different. Everyone has bad days. Everyone gets hurt and upset. Not everyone comes from stable homes and environments, and each and every person wears an "invisible backpack," a personal burden they are always carrying on their shoulders which no one else may see or be aware of. It may be something as serious as abuse, low self-esteem, or drug problems, and something as silly as a friend not calling you back. But that is your load to carry, and you feel it when it is on your shoul-

ders. I am not saying that collectively we are blessed so therefore we have no right to be hurt or depressed. I am just begging you to find something good in your lives. I am reminded of a line from a favorite movie, *Center Stage*. "I want you girls to promise me you won't let anyone make you feel bad about yourself, OK? You're perfect the way God made you." I am telling you that I believe that each and every person is beautiful and they have something unique to offer this world. Please take steps toward believing this and promoting that belief. Will the sun rise tomorrow? Yes. The sun will come out tomorrow.

Red Bull Gives You Wheels

A record 61 teams from around the country brought their amateur automotive skills to Providence this past weekend for Red Bull's celebrated Soapbox Race

BY CHRIS TOMPKINS '09
ASST. A&E EDITOR

Not since the mid '90s, when Providence was still hosting the X Games, has this fair city seen an outdoor event of the magnitude of the Red Bull Soapbox Race.

LOCAL EVENT

This past Saturday's event put this year's WaterFires to shame. From Thayer Street all the way down to the canal, streets were teeming with admirers of the event. (The race drew a mass of spectators that created excessive automobile traffic, making it very difficult to get to the event and find parking.)

It was a crowded scene, but there was still space to watch from. Some people were actually very resourceful in finding vantage points along the course. Folks sat on the opening of the bus tunnel, up in trees, and on the roofs of houses. The weather may have also contributed to the draw. It was a brisk and sunny afternoon, one of the first authentically autumn days of the season.

Though it was a pretty free-spirited event, there were some rules. Drivers were asked to keep the size of their machines down to 176 pounds, no longer than 20 feet, and no wider than six feet. In addition, there could be no propulsion of any kind on the vehicle (or else it would not really be a soapbox), and of course, helmets please. Other than that, teams could be as creative as they wanted to fashion some outlandish and entertaining works of moving art.

The judges graded the soapboxes on three categories: Speed, creativity, and showmanship. The showmanship grade was decided by a short dance or some kind of a skit performed immediately before push-off. These acts were sometimes boring and awkward, but for the most part, rather funny.

My favorite act was done by the "The Wrath of Kong" team. The car began as a building and, as a dude dressed in a monkey suit pummeled the cardboard exterior, it was revealed to be a squat, boxy racer, with a Faye Wray look-alike controlling the brakes in the front. There are few things funnier than watching a man in a monkey costume barrel down a hill at 20 mph with another guy in drag lying in the nose of the car and subsequently crashing

into a heap of hay bales lining the course.

My favorite team was "Deuces Wild." This scarcely-clad group sported a racer that resembled a bathroom. The driver was positioned lying in a tub while, in sidecar style, the passenger clung onto a toilet seat as the vehicle rocketed down Waterman St. at upwards of 35 miles per hour. The extreme speed and creativity of this team landed them a second place finish, losing only to "The Good, The Bad, and The Nerdy" and their Devo-esque antics, complete with a well-designed calculator car.

Spectators were permitted to cast votes via text message and more than 8,000 did. The winner of the People's Choice award was "Valhalla Express." This Viking party had an overwhelming ship/car that seated four (two Norsemen and two dummies). I voted for Providence College's own "Tupac Men," a brilliant cross between PacMan and the original gangster himself, Tupac Shakur. With Mark Twohig behind the wheel our fellow Friars nearly made it the whole way down, but thanks to fate or faulty brakes, the giant pimped PacMan head took a digger around the third turn. If you see Tyrone Tamakloe, Dom Roto, Matt Poyton or Twohig around campus congratulate them on a spirited performance. It takes lot to get up in front of thousands, dance in sync to "California Love," and then race a giant yellow head down a narrow raceway.

Other notable performances came from "The Slumberbusters" who sported a replica of the Ecto-1 from *Ghostbusters* complete with working lights. Though I don't like the Red Sox too much, the third place team "Road Killers" are worth mentioning. They absolutely flew in their specially designed sock-shaped vehicle.

The event lasted about five hours, beginning at 1:00 p.m., and as the day progressed, debris piled in the wings of the course and the ridiculous MC with his feathered, highlighted locks got more and more annoying. But it certainly was a lot of fun. You know it will be a good affair when the participants have more fun than the spectators. It is hard to find that kind of authenticity in sports, music, and other mediums of entertainment. So many artists and professional performers treat their skill as an occupation. It's uplifting to see some young amateurs take on a crowd and a craft.



MARY PELLETIER '09/The Cowl

In Case You Missed It...

Ellen Degeneres broke down and wept on her show this week. But what could make the happiest woman on daytime television look so sad? When Degeneres's and Portia deRossi's cats did not get along with their newly adopted pup, they took the next sensible step; they gave it to their hairstylist's family. Then the unspeakable happened: The shelter showed up and pried the puppy from Degeneres's hairstylist's crying daughter's loving arms. Only God knows why anyone would bring trouble to Ellen and her extended entourage, but Mutts & Moms has. You know, you throw some money at a non-profit, adopt a mutt, take on its medical bills, and you would think everything would work in your favor . . .

October Madness

BY ANNMARIE GRANDSTRAND '09
ASST. A&E EDITOR

We've all seen the men's basketball team shoot a couple lay-ups and gather in a huddle at the Dunk more than a few times in our lives. But only Late Night Madness could provide the venue to introduce us to freshman ballers like Marshon Brooks, Jamine Peterson, and Alex Kellog, let us watch BMSA throw down against BOP, and see Pete Boggeman in a blonde mullet wig. Friar insanity erupted last Friday night in Mulaney Gym and we're all glad it finally did.

To balance out the sheer chaos in the stands, Student Congress had organized the events so Madness ran like a well-oiled machine. A rapid fire of performances filled the hour leading up to the basketball teams' introductions. The dance team percolated. The pep band did justice to their old classics. The cheer team bounced around vivaciously. DJ Finesse provided the jams. And Pete Boggeman '08 and Ricky LaBontee '08 were there to host us through it all in five different outfits.

The three-point contest was organized by IAB and featured basketball players from the men's and women's teams matched up with non-NCAA affiliated PC students. Ashley Etheridge, Weyinmi Efejuku, Jeff Xavier, and Kendria Holmes helped the Friar fans throw up as many from beyond the arc as they could in 30 seconds. Amidst the madness consuming Mulaney Gym, the contestants gave an impressively focused effort.

It's possible that the event of the evening that is most looked forward to is the hallowed dance-off between the Board of Programmers and the Board of Multicultural Student Affairs. First, BMSA converted the gym floor into a scene remi-



MARY PELLETIER '09/ THE COWL

niscant of the excellent, award-winning film *Stomp the Yard*. All the cultural clubs came together for their common love of synchronized dancing and "jocking on them haters." That month of practice proved to be more than worth it. From Gaelic lads to Portugal enthusiasts, about 40 members of the super soaking board left it all on the court.

BOP would not be outdone. The programmers entered the court ever so piously, draped in chorus robes to soulful verses of *Sister Act*. Not to be deemed as shy, the Boppers ripped off their robes to reveal their fluorescent vests and acid-washed jeans beneath. Decked out in fabulous '80s attire, they exuded Whoopi's essence with a tremendous performance of "Joyful, Joyful." BOP, we adored thee.

The battle of the boards lived up to the hype once again and intensified the Friar fanaticism for the introduction of the

women's basketball team. Jon Hope, the rapper of the night, gave a few linguistic back-flips with his performance before DJ Finesse poignantly played "Flashing Lights" by Kanye West as the female Friars stormed the court. With enthusiasm at the night's peak, the men's basketball team entered. In a shameless display of fantastic skills, the Friars put on a show that would put the And 1 Mix Tape Tour to shame. On top of it all, it concluded with Geoff McDermott instigating a courtside dance party and inspiring his fellow teammates to "crank dat" as well.

A hailed tradition by all true Friar fans, Late Night Madness gave us exactly what we all hoped for and much more: A special appearance of Coach Tim Welsh, awesome dance-offs (both organized and impromptu), and most importantly, "flashing, lights, lights."

GRADE: A-

Radiohead Saves Their Relevance

A&E alum Joe McCormack '07 tells you why *In Rainbows* exceeds its hype

BY JOE MCCORMACK '07
A&E ALUM

Radiohead
In Rainbows

In Rainbows reminds the world that Radiohead is the great band of our generation. It was worth the four-year wait for a new album. All the elements of a great

ALBUM
REVIEW

Radiohead album are here on *In Rainbows*: Careful arrangements; effortless musicianship; intelligent, challenging structure; poignant, surreal lyrics; enveloping atmosphere; and, of course, Thom Yorke's beautiful croon. To this, however, they add something new: Earnestness.

Radiohead has always had an edge of cynical irony, whether it is a computer voice telling the listener to get regular exercise ("fitter happier," 1997), or Thom's distorted voice physically intimidating the listener in 2003's "You and Whose Army?"

However, in the time since their last album, the music community has generally moved away from that kind of biting irony. Sufjan Stevens, Bright Eyes, and others have lately been praised for their earnestness by critics and fans. It certainly seemed, for a while, that Radiohead had nothing to say in 2007, that indie rock had passed them by.

But they have responded with *In Rainbows*, and with a move toward simplicity of expression, and earnest sentimentality. I am not suggesting that Radiohead has become earnest like the early Beach Boys hits, nor that they have gone from writing lyrics about alienation as caused by a disease that kills rabbits in the countryside (as in "Myxomatosis" from 2003's *Hail to the Thief*) to writing lyrics about wishing that all of the girls in

the world were Californian. However, everything here is a bit clearer than usual for a Radiohead album, both in sentiment and in the production.

The band has loosened up and might even be—gasp!—having fun. That much is clear from one listen to "Reckoner," with Yorke wailing in falsetto over its heavy, driving, swishing, percussive beat like some seductive R&B singer with heavy vibrato. In fact, the album begins with Yorke singing a soulful line over driving drums, much the way a Justin Timberlake album could conceivably start—of course, as soon as Johnny Greenwood's guitar and Colin Greenwood's bass kick in, it becomes clear that this song, "15 Step," and this album are something new, something fresh and fragile, something worth putting four years of work into.

The quality album itself reminds us that we should believe in democracy, at least in regards to bands making music. The songs on *In Rainbows* may not be any better in their basic skeleton forms than those on *The Eraser*, Yorke's 2006 solo album; however, though Yorke is the principle songwriter, the arrangements (which are with full contributions) on this album are on a whole 'nother level from *The Eraser*. The other four men of Radiohead have worked out every note, every detail of *In Rainbows* to perfection.

It was clearly a labor (or should I say 'labour') of love, especially when one remembers that the band had no record contract while they made it. As far as the hype about this album only being released for download, without a record label, we should remember that the most remarkable part of the story is this: The band did not need the money, was under no deadlines, and had the self-motivated care to make an album as relaxed, precise, fun, and beautiful as *In Rainbows* is. The variable-price download, though brilliant and gutsy and cutting against the grain, is the fruit of the

intentional, autonomous recording process, not the other way around.

If only there were more space to write about the fragility of "Videotape," or the hypnosis of "Weird Fishes/Arpeggi," or "Nude," a B-side from the mid-nineties that has finally been honed to perfection! It is too early to judge how *In Rainbows* matches up to the rest of Radiohead's catalog, but this is really, really good, and engaging on the first couple of listens. We are listening to the greatest band of our generation, and one of the greatest ever. Here they are, in their prime. We are quite lucky.

GRADE: A+

Buy? Yes

Download: All of it, especially since you can't buy it in stores. Highlights include "15 Step," "Videotape," "Nude," "Bodysnatchers," "Weird Fishes/Arpeggi"



Picks of the Week

By Neil Andrew Francisco '10
A&E Staff



Movie

Good Will Hunting
Directed by Gus Van Sant

This is a remarkable film about Will Hunting (Matt Damon), an MIT janitor, who turns out to be a complete genius. His brilliance, however, is hidden underneath a shell of reckless behavior and the tendency to party. This is a fantastic film written by Matt Damon and Ben Affleck that portrays misunderstood brilliance, and is expressed in a non-sugar-coated fashion.

Music



Boys Like Girls
Boys Like Girls
Columbia Records

This Boston band has an excellent array of punk, emo, and alternative. This album has some tracks that you can take with you to the gym, some to sit back and relax, and some to simply enjoy while you're writing reviews for *The Cowl*. "Five Minutes to Midnight" prepares someone for a night out on the town, while "Thunder" is a mellow song depicting the mysteries of a summer romance.



Book

A Shining Affliction
by Annie G. Rogers

Child psychologist Annie Rogers writes a compelling narrative about the wonders of psychotherapy. Follow Annie as she works to cure a young boy plagued by loneliness and neglect. Little does she know that this encounter with a five year old will change her life forever.

Top 10: Underground Hip-Hop Albums

BY RYAN BURNS '08
A&E STAFF

If there is one negative thing to be said about underground/independent hip-hop acts, it is that the mainstream coverage for these artists is minimal at best. With this in mind, I've decided to put together a "jumping off point" of sorts for hip-hop fans who have only scratched the surface of quality music in the genre.

URBAN ELEMENTS

These 10 albums might not be the best of all time, just 10 that are generally overlooked while still achieving critical acclaim. Want a more rewarding experience when listening to hip-hop? Check out any of these albums:

10.) Zion I—*Mind Over Matter* (2000)

This album makes the cut thanks to Amp Live's futuristic yet throwback production, helping the album flow seamlessly from beginning to end. MC Zion uses stunning lyricism, flow, and subject matter to speak on important issues of the day.

9.) The Pharcyde—*Labcabincalifornia* (1995)

Perhaps not their best album, *Labcabincalifornia* produced some of the most memorable songs of The Pharcyde's catalog. Songs like "Runnin'" and "Drop" would easily make a greatest hits album. This album was some of the late J Dilla's earliest work, and what got him noticed by A Tribe Called Quest and others.

8.) Madvillain—*Madvillainy* (2004)

Comprised of MC MF Doom and super-producer Madlib, *Madvillainy* is 22 tracks of gritty lyrics, bizarre vocal samples, and even instrumental tracks. Lauded as one of the best albums of 2004, Madvillainy helped place both Doom and Madlib on the map and paved the way for future collaborations for each.

7.) Cunninlynguists—*A Piece Of Strange* (2006)

The hip-hop trio from Atlanta/Kentucky were able to take Southern rap to a new

level on this album, silencing critics that swear up and down that the South can't rhyme. They certainly take that to heart on this album, crafting witty lyrics over amazing compositions courtesy of DJ Kno. The live instrumentation is a great touch and works well with Kno's production.

6.) Cormega—*The Realness* (2001)

As one of the most anticipated releases of the new millennium, Cormega put Queens MC's back on the map at a time when it looked like the bridge was over. Finally stepping out of Nas' shadow and overcoming the controversy with *The Firm*, Cormega steps out on his own on *The Realness*. The lyrics are pure poetry and the production is fantastic thanks to The Alchemist, Nottz, and others.

5.) Binary Star—*Masters of the Universe* (2000)

Comprised of MC's One Be Lo and Senim Silla, the now defunct group created an independent classic with *Masters Of The Universe*. "Indy 500" discusses the independent record game and keeping hip-hop where it started instead of selling out to mass media. "Reality Check" serves as any hip-hop fan's thesis statement, as One Be Lo cleverly crafts lines like "I keep the party moving like an immigrant."

4.) A Tribe Called Quest—*Midnight Marauders* (1993)

If the first time you heard A Tribe Called Quest was VH1's Hip Hop Honors, do yourself a favor and spend \$12 on this CD. Widely regarded as their best work, *Midnight Marauders* is vintage Tribe, complete with jazzy beats and quirky rhymes from Q-Tip and Phife Dawg. "Electric Relaxation" is easily my favorite hip-hop song of all time (watch the video on YouTube now) and this is a perfect headphone album for those cold fall days walking on campus.

3.) Black Moon—*Enta Da Stage* (1993)

If Wu-Tang Clan changed the game in '93 with their debut album, then Black Moon helped them out a great deal. Relying on bass-heavy, sample-driven hardcore beats, Buckshot and 5 Ft. Accelerator spit grimy Brooklyn lyrics on this album, full of gun talk and crime stories. "Who Got The Props" and "I Got Cha Open" are hip-hop classics.

2.) Little Brother—*The Listening* (2002)

Made up of Phonte, Big Pooh, and 9th Wonder, this group from North Carolina acted as the De La Soul and A Tribe Called

Quest of the new millennium, flowing over perfectly chopped samples and boom-bap drum patterns that sound more fitting for Slick Rick. While *The Listening* was only their debut offering, it is one of those albums that you can listen to all the way through and still be entertained. A personal classic in my book.

1.) Thug Life—*Volume 1* (1994)

Not too many people are acquainted with Tupac Shakur's group, Thug Life. A collection of rappers from California, Thug Life's only album touched on the street life with enough decency and honesty to become a hip-hop classic. Most hardcore Tupac fans will know a few songs on this CD, but all should hear this album at least once.

Don't Drop the Soap

BY JOHN MANGO '10
A&E STAFF

Attention. Attention. Achtung. David Spade (yes, the lesser half of Chris Farley [lesser both funniness and weight]) after his multiple unsuccessful forays in the movie world (besides *Joe Dirt*; Mr. Dirt was right, life is a garden and ever since I saw that monumental film, I've been digging it, and planting seeds, and pruning, and other gardening musts, and what not), has decided to create a movie of his own.

FILM FEATURE

And I say to you now, good reader—nay, I pronounce to you with immaculate pronunciation that this film will be as epic as, well, as epic as *Epic Movie*. David Spade seems to have a history of acting in deplorable 'B' movies just like O.J. has a history of going to court. For whatever reason Spade does so (possibly to fill the void that was left at the passing of his hetero-sensual life partner, or possibly because he realized that he just sort of sucks), he has finally decided to turn his square and do something good. We've all studied the Greek philosophers on their quest for truth and beauty, and it seems as if Mr. Spade has decided to take up the torch to this never-ending trek on his own.



WEB.MIT.EDU

So now a drumroll, if you would be so kind. David Spade has set out to create the dirtiest movie ever, composed of short films by college students like you and me. His partner in filth is the enigmatic and ever so vaunted Axe Shower Gel (the makers of those male bathroom accoutrements that are hard to tell whether they smell good or not). However, Dave is so kind that he has decided to share the privilege of creating the dirtiest movie ever with (another drumroll . . . actually no, that's getting old, bongo roll if you would, please) everyone,

ever, or at least anyone with Internet access. So I guess that rules out most PC students (I don't know about you but my Internet is about as flaky as Special K or someone in one of those Selsun Blue commercials), which is too bad.

But besides that, it means that everyone is going to be in on this awesome movie, and I'm talking you, your cousin, Jenna Jameson, your mother, Fran Drescher, everyone. Basically Mr. Spade has said that in order to make a good dirty movie, we're going to have to get dirt from all

angles, like a veritable mud bath of digital camcorder work. So people have been uploading their grime-encrusted clips of deviant behavior from all over the universe via College Humor. And let me tell you, having seen a smorgasbord of these tasty treats, they're funny. Like, really funny. Like that time Tom Cruise jumped on Oprah's couch or that clip of that funny evil hamster (if you don't know what I'm talking about, stop, Google it, now, now, like you're attempting to sign up for classes). Like, there was this one where this guy got chocolate sauce on him and cleaned himself off with Axe shower gel. Oh yeah, then there was this one where these people were in a shower and they put ketchup and mustard on each other. Now that's funny. Relish might have been a little funnier, but mustard, that's comic gold.

Really, just wholesome all-American funny jokes. So thank you, David Spade and Axe Shower Gel, for not making something distasteful just for the sake of selling things, because you guys get it: When it comes down to it we're all just boiling pots of libido, so good for you. Just a suggestion for you though, Axe: You know that whole "how dirty boys get clean" thing you do? Well, apparently there's a thing called soap, and I hear that gets you clean too.

Taste of the Town

with James McGehee '08
A&E Editor

Tokyo
388 Wickenden Street
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This summer at a family and friend get-together, someone brought up sushi in a less than complimentary light. This ignited a chain reaction of faces of disgust, "ews," and mock vomiting. (This reaction came mostly from adults.) "What's wrong with sushi?" I asked, bewildered. Immediately, more vomit noises and three people at once asking me, "You'd actually eat sushi?" The answer is "Of course I would," and I received several "Never, ever eat sushi again" admonishments for admitting it.

My first memorable sushi-eating adventure occurred last year at Tokyo on Wickenden Street. Before this I had only sampled sushi, never having eaten a piece whole. And eating a sushi piece whole, I learned last week at Tokyo, is the only way to eat sushi. Eating one roll by tearing off pieces with my teeth, a friendly geisha whom I hired to be my date gave me a face of disgust reminiscent of that get-together.

Tokyo has three distinct dining rooms. The first has nice tables fit for a family eating out. The second has smaller tables, but as it borders the kitchen and the sushi bar, this dining area has the feel of a takeout. (Would I trust takeout sushi? I don't know.) We sat in the room that requires you to take off your shoes and sit Indian-style (or Japanese-style, I guess) on a



JAMES MCGEHEE '08/The Cowl

raised wooden floor with low tables. When in Rome, right?

Experience told me to grab the sushi menu and immediately place a check next to the Spicy Tekka or tuna (\$4.50 for six pieces). We also ordered six pieces of the Sake (\$3.75), which is fresh salmon, not the Japanese's favorite alcoholic beverage (wine made from rice instead of grapes). I ate nine pieces of sushi with chop sticks (I'm sure you can request utensils) and enjoyed each one without fear of food or

mercury poisoning. Tokyo offers a vast variety of sushi and a number of special rolls. The Wickenden roll (\$6.50), for instance, wraps up flounder tempura, cucumber, lettuce, avocado, spicy mayo, shaved bonito, and cod powder.

To my best knowledge, Tokyo serves authentic Japanese cuisine. I'm more liable to believe this because everything on the menu has a Japanese name (and not like Tokyo Teriyaki Chicken or Samurai Salad, but like Horenso Oshitashi). The waitstaff

does not speak much English either, another sign of authenticity. Unlike most nice restaurants, in which the waiter gives a five-minute speech on the night's special, Tokyo's waiters let you do the talking.

For an entrée, I ordered Yosi No Yaki (\$11.75), a tender beef in teriyaki sauce. This sort of entrée has an enticing simplicity to it: Beef and rice and enough teriyaki sauce to turn white rice brown. No stylish sides or obscure sauces; just a savory taste. My date ordered Buta No Shogayaki (\$10.75), pork loin in a ginger sauce. Again, simple and tasteful. I remember, from my prior experience, the chicken being excellent, too. The menu has an array of seafood entrées, but after having sushi I find it best to switch tastes.

My one complain would be that they brought our sushi and entrées at the same time. I don't like it when appetizers and the main course arrive as such, because it defeats the purpose of appetizers.

Japanese are not big on desserts it seems, as Tokyo only serves two flavors of ice cream and banana tempura. Lavish, high-in-cholesterol desserts are a necessity in my, and most Americans, diets. Sometimes, though, a little beef, rice, and green tea is all you need. Yes, I went and had cheesecake somewhere else, but my former statement stands.

GRADE: A-

Soulsome, but Not Nutrious

BY SARAH BIDINGER '09
A&E STAFF

You might say that I had a bit of an identity crisis when I first came to college. It turns out, I unknowingly came to Providence College from the "Deep South"—Northern Virginia. True, I live South of the Mason-Dixon line. Yes, my friends and I are in a pretty sweet bluegrass band. My family's top road trip album is Lynyrd Skynyrd's *What's Your Name*, and our town war memorial is dedicated to "The Confederate Soldiers of Loudoun County."

However, this does not mean I live in the Deep South. Except for the statue, these things could happen anywhere. But since life is full of once-in-a-lifetime chances, and everybody just assumed I was a honky-tonk, pick-up drivin' kind of girl, I figured I'd play it up for all it's worth. About this time, I started getting in touch with my "Suthun' Roots" and discovered soul food... fried chicken, pulled pork, collard greens, deep-fried anything—de-licious.

I couldn't help but notice the "Soul Food Sunday" posters hung enticingly around the school, and I started getting ready about a week in advance. I went to the gym (soul food is unfortunately bad for your heart) and practiced my best Southern-belle drawl: "Now shooga, dontchya wanna gimme somemora that sweet potato pie? That's raagt."

Along with food, live jazz happens to be another of my favorite things. When my friend and I walked into McPhail's on Sunday evening, I could not have been more ecstatic: A live jazz combo comprised mostly of PC music majors was assembled on the stage. The mingling of their funky groove and the aroma of food

could not have made a more perfect combination.

For me, good food happens to be one of very few incentives for punctuality. Because I misread the signs on campus, we actually arrived half an hour early, giving us the perfect opportunity to scope out the dishes and interrogate Afro-Am, who sponsored the event, about the food. We learned that a few of the dishes were made by club members, and the rest were catered by Tina's Caribbean Food on Federal Hill.

As 6:30 p.m. crept closer, I was glad for my poor reading skills because we were at the front of a line now snaking around McPhail's. Everyone probably glared jealously as I paid \$2 for my plate and went down the line, piling delectable treats as high as humanly possible. It turns out that the theme of the food was much more "Caribbean" than "Soul." There was a small tray of collard greens, a little cornbread, and a lavish supply of macaroni and cheese, but the majority of the dishes seemed to have come straight from the Islands. I loaded up on Jamaican jerk-beef patties, tender, spice-rubbed ribs dripping right off the bone, fried plantains, and a scoop of the most exotic-tasting rice and beans ever to grace my mouth.

Though I was initially a little disappointed at the substitution of Goya soda for sweet tea and corn for fried okra, the meal was marvelous. I was full by the time I finished the peak of my mountainous plate, but not one to waste food, I polished off every last bite.

By far, the highlight of the evening was my sliver of sweet potato pie. Given that the accent no longer seemed appropriate, I only got one, but it was delicious nonetheless, and a second might have sent me into cardiac arrest.

WDOM

DJ of the Month: Billy Winters

Class: 2011

Hometown: Frisco, Texas

Major: Marketing

Residence: Half Moon Bay, Calif.

On-campus residence: McDermott 410:
We have the best floor on campus... stop by and you'll have the time of your life!

How does it feel to be the only country show on WDOM?

It's great, because all the country fans look forward to it since it's the only one! By starting my show, I've helped so many closet country fans come out.

Favorite artist to play:

Brooks & Dunn: Every country fan loves Brooks & Dunn and they have so many great songs.

Favorite station CD to play:

King Wilkie: Their CD is probably the only add that totally fits my show so I find myself playing it a lot.

Favorite food at Ray:

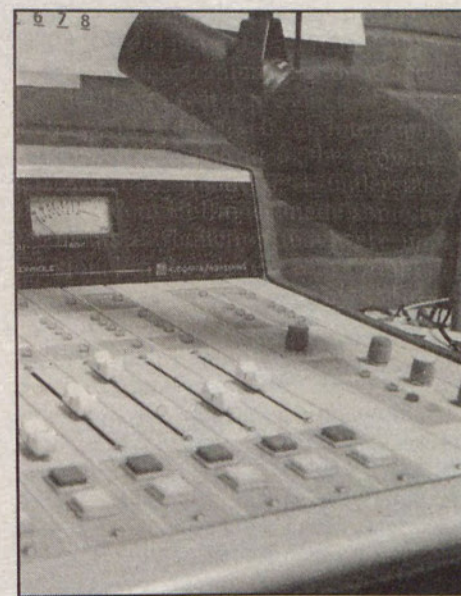
The beef brisket on Texas night.

Least favorite food at Ray:

The salad bar. It never tastes fresh, especially the tomatoes.

Why should someone listen to your show?

If you're a country fan, then to hear some great country. If you aren't, so you can learn to love country music! Also, whether or not you're a country fan, everyone seems to love my stories!



MARY PELLETIER '09/ THE COWL

Billy Winters and the rest of the WDOM DJs have been broadcasting their tunes with the help of some new technology. Listeners can now call in their requests and hear themselves on-air.

What is your favorite part of having a show?

Having conversations with guests on the air and telling stories.

If you could sum up your show in one word what would it be?

RidiculouslyFun! (It's still one word)

And, of course, what Ninja Turtle is most like you and why?

Michelangelo, because he's got nunchucks and he's a boss.

10 a.m. to 2 p.m on Thursdays
AIM : wdomrequests
(401) 865-2091

Baristas Have Feelings, Too

BY KATIE CALIVA '10
PORTFOLIO ASSISTANT

The sky is gray, overcast, and clearly suffering from a severe case of ennui. The sky is sad, lonely, and taking it all out on the rest of the world. She matches the sky.

FICTION

She is exhausted, irritable, and even her lovely face is drab. Today if you ask her how she is, she won't even

pretend to smile and say that everything is fine. She walks with her head down. This serves the dual purpose of protecting her face from the bitter wind, and ensuring that no one talks to her. It's for their own protection really. Today she cannot trust herself to be polite and not bite someone's head off for merely existing.

She reaches her destination, a place of warmth, comfort, and more importantly, caffeine. The liquid comfort she finds here should be enough to sustain her for the next two classes and a midterm she is convinced that she will fail. She walks up to the bar but does not look at the barista. Fumbling for her wallet she orders a medium cappuccino with skim milk.

"Well, hello there."

The voice is not smarmy; it would be better if it were. No, it is the voice of an overly cheerful male who clearly has not been infected by the misery of the sky. She hears the voice, braces herself for what is coming next. She looks up. Damn it! She is right, and for one of the few times in her life she so badly wanted to be wrong.

"Oh, hey. You, uh, work here?" She

mutters, not really making an effort to be friendly or to force a smile.

"I sure do!"

She winces at his annoying enthusiasm and makes a mental note to never come here again. She pulls out a few dollars and hands it to him.

"On the house."

She shuts her eyes, regroup, tries again.

"On the house."

"Take the damn money!"

She has finally snapped and doesn't really care. Of all the annoying imbeciles she was trying to avoid, he was at the top of the list.

"I'll take the money today if I can buy you a cappuccino some other time. Thursday night, maybe?"

"Thursdays are date nights."

"Well, that's perfect because I'm asking you to go on a date with me."

He leans over the counter and winks at her. She takes a deep breathe and controls the urge to punch him in the face.

"I should be clearer. Thursdays are the nights that I reserve especially for dates with my boyfriend."

He looks crestfallen for a moment and then busies himself quickly with the milk steaming apparatus.

"You have a boyfriend?" His voice is barely audible over the hiss of the steam.

"Nine months and going strong."

He hands her the cappuccino without looking at her. Although she is so miserable she searches deeply and frantically for some kernel of comfort or cordiality.

"Thanks for the coffee, and uh, don't



MARY PELLETIER '09/The Cowl

feel too badly. I mean you never really had a shot anyways."

He turns an alarming color, not so much red as purple, and quickly ducks down behind the bar to check the status of the floor tiles. She walks out, more miserable

than before. She looks up at the sky. There is the faintest hint of sunlight peeping through the clouds. She curses the sky that is now laughing at her.

"I'm glad that you're so amused by this. No really, I am."



Tiffany & Earl

Making PC an emotionally stable place, one letter at a time...



Dear Confused,

I myself love the ellipticals! They provide a steady yet invigorating workout while not putting too much stress on my knees and shins. OK, I'm half kidding. I think that it's interesting you have

brought up these points, but they are really not relevant. And it seems like you know that too.

I think you should trust your impressions on the matter and refuse to be a part of that pack. Your friends aren't bad people for making fun of you for doing something like that—they are just more insecure. They think it's important to look cool when they're carrying a plate of washed-out peas and soggy Salisbury steak. Using or not using a tray does not help you save face in Ray. Plus, everyone knows that people go into Raymond Cafeteria to look at everyone else and talk about them behind their back.

And in terms of the Vera Bradley shoulder bag over a North Face backpack? I like to switch it up according to what I'm wearing and how I feel. That does not mean that I am conforming to gender roles, but how else am I supposed to carry all my cheer-leading stuff to practice?

You really shouldn't be losing any sleep over something like this. Do what you want because it makes you feel good and confident about yourself, and ignore the rest. Besides, where would Tina Turner be right now if she'd rolled over and said, "Hit me again, Ike, and put some stank on it!"? Rollin' on the river, that's where. Think about it.

Tiffany

This Week...
Backpack or shoulder sack?

Dear Tiffany and Earl,

I was recently discussing how interesting the social structure of Providence College is with a professor. He jokingly suggested that I make a list of the differences in what guys do versus girls in day to day college life. For example, why are girls the only ones on the elliptical machines in the new fitness center? I kind of want to use the weights and weight machines but it seems like they are always taken over by guys, and girls don't ever go near them. Also, as a girl, I feel like every time that I am at Ray, girls never get trays, and my girlfriends make fun of me for it too! Sometimes I have too much stuff to carry with two hands. Another thing is for the most part girls don't use backpacks, but have to carry all their stuff over their shoulders in a big purse or some Vera Bradley sack. Do you think it's that big of a deal to not conform to the gender roles PC seems to have shaped?

—Confused

Have a burning question that needs answering?

Write to Tiffany and Earl!

AskTiffanyEarl@yahoo.com

Dear Confused,

Obviously you are asking these questions because no one likes you. The fact that you are spending your time having soul-searching conversations with your professor when you could be out partying and making out with mad dudes is upsetting; I could be one of those dudes.

Now I am not saying that I would be interested in being one of those dudes, I am just saying that the options are available if you stopped being such a loser. I have even hooked up with some losers but I like to keep those numbers low.

I must confess that I feel sorry that you have had to put up with carrying your books in your Vera Bradley sack while I get to use a backpack, it must be unbearable. I could only imagine how hard your life is, knowing that most girls don't use trays to carry their meals. THE HORROR. I am going home to reread my copy of *The Vindication of the Rights of Women*, after watching *Will and Grace*, as well as the recording of last week's *Grey's Anatomy*, and then I am going to cry over how unfair society is for letting us conform to the things that we feel comfortable doing.

If you are so upset about being lumped in with the conformists, then the easy way out is a little thing that I like to call gender reassignment. It is apparent that you are confused about whether it's better to be male or female, so I say break the norm. This way, you won't have to worry about being chastised by the oppressive bonds of being a man or a woman.

EARL

Oak Trees, Coats, and Candy

LINDSAY WENGLOSKI '10
PORTFOLIO STAFF

She was bored, she had a deadline to meet, and it was windy outside. Not the kind of windy that would justify sleeping in an extra ten minutes under two thick quilts and a fleecy throw, but the kind of windy that scraped against the window with tree branch nails and whistled in through the cracks of the window sill. It was the kind of windy that chilled the room without detection; the kind of windy that rustled the leaves outside which were just starting to abandon their green coats for amber, crimson, and mustard. It wasn't a wintry breeze, no, not yet. It was just an ordinary fall breeze.

But perhaps "just an ordinary fall breeze" isn't quite accurate. With Halloween only a few weeks away, the wind was more important than "just an ordinary breeze," as it carried the memories of paranoid parental units, sugar levels high enough to kill an ox, and homemade costumes capable of testing the polite mettle of the entire neighborhood.

"Trick-or-treat!"

"Well lookie here. Honey, come and take a look at all of these excellent . . . little . . . creatures!" "My, oh my! Look how ador—what's *your* costume, sweetie?"

"I'm an oak tree!"

"An . . . oak tree. How original! You look simply . . . adorable! Happy Halloween!"

Remember those years when your parents' ideas for Halloween wardrobes were less than stellar, but they still seemed cool in your Barney-brainwashed mind? This includes the time that you dressed normally and went as "myself." Remember the giddiness of running around with a pillowcase/plastic pumpkin / horse-drawn wagon so you could get the most candy before it got too late to be out terrorizing the neighborhood? Remember feeling that the greatest tragedy the world had ever known was that Halloween almost always seemed to fall on a school night? Sure you do. Mmm, nostalgia. Enough of that.

Yes, now it is the middle of October, and Halloween doth cometh. Most excellent. We're older—and I think by now most of us have outgrown the trick-or-treating stage. (For those of you who have not, might I suggest you join the ranks of

the adult world and stop skeeving out kindergartners?) Yes, we're older, and things have changed, but then again, they haven't. People are still worried about what they're going to wear as a costume. Some folks have put in a year's worth of planning, some people have ordered costumes online, and some people, like yours truly, have made the decision to pile random clothes on, tease their hair, and go as gypsies because buying a costume is too much work.

There are still going to be people running around campus until all hours of the night on Halloween. A large group of this merry band will succumb to the scourge of the common cold a day or so later, because Halloween happens to be a holiday known for a generalized memory lapse—everyone forgets that:

1. October is cold
2. Halloween is a nighttime holiday
3. Nighttime is colder than the daytime
4. Your momma always nagged you about wearing a coat for a reason.

Remember how your parents used to make you wear that thick winter jacket over your costume if it got too cold to go out on Halloween night? Remember how



Clip Art

the minute you were free, you took off your coat because Superman never wore an Old Navy jacket over his cape? You firmly believed that Halloween costumes were just too darn cool to be covered up by a healthy barrier against the cold. Coats had no place in Halloween, you tried telling your parents.

Flash forward 10 years.

Yep, nothing's changed.

The Awkward Kind of Kiss

BY SAM McVAY '09
PORTFOLIO STAFF

She parked her car behind Schneider and held onto the steering wheel. Her heart stopped when she hit SEND, then resumed beating (a little more erratically) as she listened to the ringing in her ear, waiting for him to answer.

FICTION

"Hello?"

"Hey."

He was a senior. She didn't want to be one of those silly girls who cared about things like that but her mom had always told her she should date older boys. He seemed like the kind of boy her mom would want her to date. She wasn't attracted to him, but she thought maybe she could be when she got to know him better. Or hopefully they could at least be friends. She really wanted to make friends.

They had one class together. They started talking one day when their professor had ended class early so her students could hear Senator Dodd speak in the Smith Center. Walking out of the building, Matt held the door open for her and she smiled at him when she thanked him.

"Are you going to hear Senator Dodd?"

"Yeah, are you?" They walked over together, talking about class. At the Smith

Center, he asked to sit with her.

Listening to the senator, Hillary wondered about what Matt was thinking. He had told her when they were walking over that he was a conservative. It was crowded leaving the presentation and they were separated but when Hillary walked out the door, Matt was waiting for her. She was glad and smiled at him.

They discussed the senator as he walked her back to Huxley, where he would turn to go to his apartment and she would cross to go to her dorm on upper campus.

As she crossed the street, Hillary turned back to call out, "Have a nice weekend!"

"What are you. . ." she heard Matt start but when she turned around he had already stopped speaking so she started walking again. "Hey what are you. . ." She turned around again but a car was coming so she finished crossing the street. She wasn't sure if she should keep walking when she reached the sidewalk or stop and let him finish asking what she was doing that weekend. She tried to imagine it: Where they would go and what they would talk about. . . She kept walking.

Hillary was nervous to see Matt again in class on Monday but she tried to be confident and when he caught her eye, she smiled at him and mouthed "hi." Feeling

awkward and nervous that he would approach her after class, Hillary hurried out at 3:45p.m. without talking to anyone.

Outside, she headed for her car. She was going home to have dinner and catch up on *Gilmore Girls* episodes with her mom. Matt caught up to her in the parking lot. What was she doing that night? He had a presentation to finish but would she be around later? He walked her to her car.

Now Hillary was walking to his apartment. He invited her to sit down in the living room. There were three couches and Hillary felt stranded as she looked around the room. Matt came to her rescue, choosing to sit on the green leather couch against the back wall and Hillary sat on an ottoman facing him.

She was chattering nervously, talking about her friend James who had gotten out of a speeding ticket by wearing a tie to court and then the speeding ticket she herself had gotten last fall. They traded a few amusing driving stories. While she spoke, Matt stretched out his arm, resting his hand over Hillary's and playing with her fingers. Hillary looked at it strangely, but didn't know what to say.

She was telling him about her job in a restaurant and the crazy Egyptian who worked the oven, when he silenced her by

pulling her forward. Hillary was disoriented; his tongue was in her mouth. She let him kiss her. Should she kiss him back? This wasn't what she wanted. When Matt ended the kiss, Hillary told him she still had homework to do. She had class in the morning and she was tired but he kissed her again.

Now she stood up. She didn't remember him taking the other hand but he was holding both her hands and was trying to pull her in. She pulled away and he looked confused.

"Do you have a boyfriend?"

"No. . . It's just. . ."

"I'm sorry if I. . . I didn't mean to go too fast."

"It's okay. But I'm going to go."

"Will we. . . Do you think we'll see each other again?"

Yeah, in class on Monday.

"Um yeah, but I'm going to go, OK?" Hillary walked back towards upper campus feeling ashamed. She hadn't noticed how cold it was earlier and she hugged herself, shivering. She was confused; what did he think she wanted? None of the boys she had been out with had treated her that way before. Was it the way she acted? Had she sent him some signal? Would other boys now treat her that way?

poetry corner

I've written some poetry I don't understand myself.

—Carl Sandburg

So This is the Suburbs

BY LIA ARMATAS '08
PORTFOLIO EDITOR

Wiry little blonde kid didn't have the decency to knock on the door. He stood out in the street and screamed her name, acting as if their house was finally a pile of bricks and two-by-fours. The chimney had only just begun leaning over the edge of the roof, peeking jealously at the flowers, calm and cool in the low, low breeze. The old tractor gradually swallowed by weeds and nettles was like a fort no one cared to enter. And the girl came outside so the greasy boy would be quiet, and so her mother wouldn't need any more pills.

The Great Pursuit

BY ALEX BETGEORGE '11
PORTFOLIO STAFF

The grey air of dusk weaves between the wet foliage. Her hood falls back as she raises her face to let her skin taste the rain.

When she catches a slight figure, its pale skin like silver splinters between the leaves. Her eyes shift (slowly) tracing the creature's reedy limbs.

But the stillness ceases when the sprite begins to play his fife. She then dashed toward him, arms outstretched, but he spins away, waltzing in a path over roots, below branches.

Twigs and thorns tear her dress, her skin, leaving gleaming seams of red.

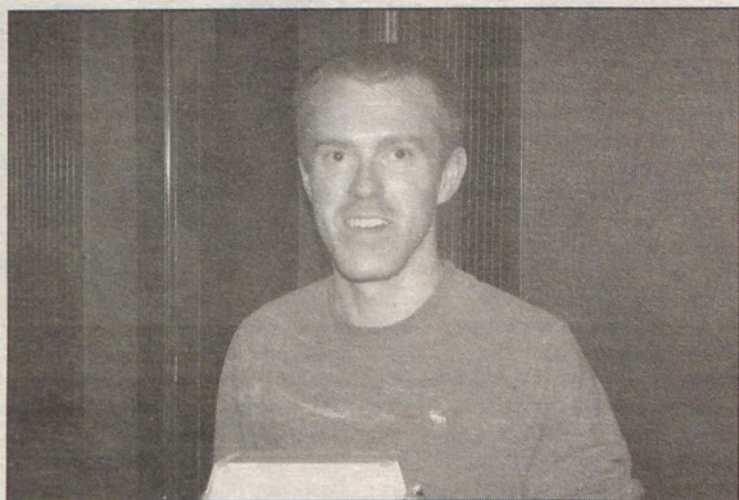
Mist condenses in scintillating drops, streaming down his shoulders as he runs.

Her sides heave; broken chords in her throat drown the elfin notes that she pursues. His locks tangle in the taunting melody.

Reaching a tree, he leaps, but her fingers graze the tips of the hairs on his head. And she raises her eyes in dread to see that his are stone.

She comes to him in somber dress, knelt in the Earth, her fingers intertwined like vines behind her back, daring not to gaze at his beauty.

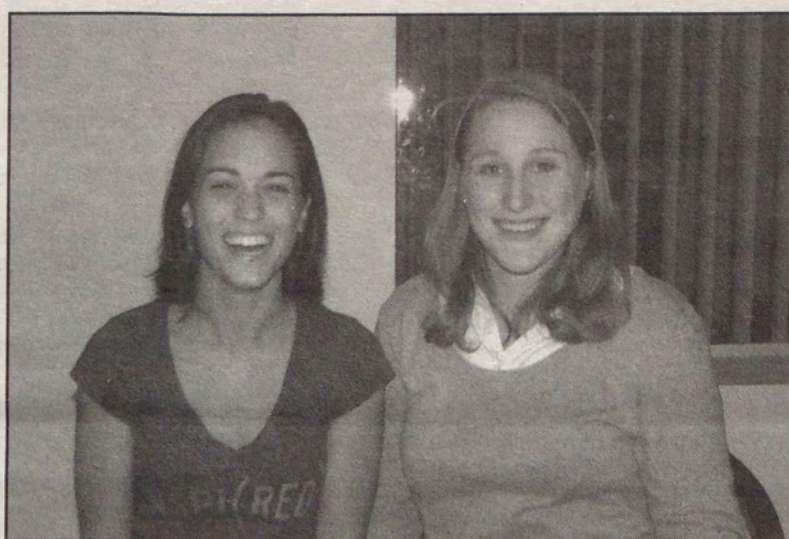
What are you carving into your pumpkin this year?



"Scott Sylvia's face!"
Ray McGrath '08



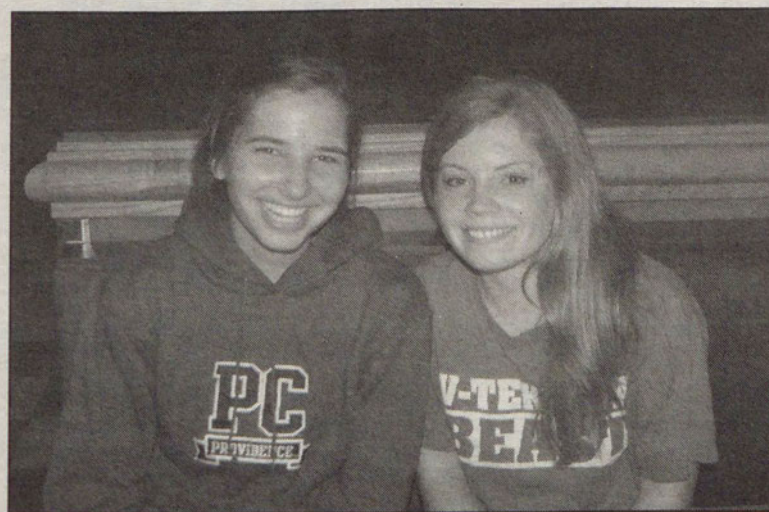
"A Cat."
Joel DeFelice '09



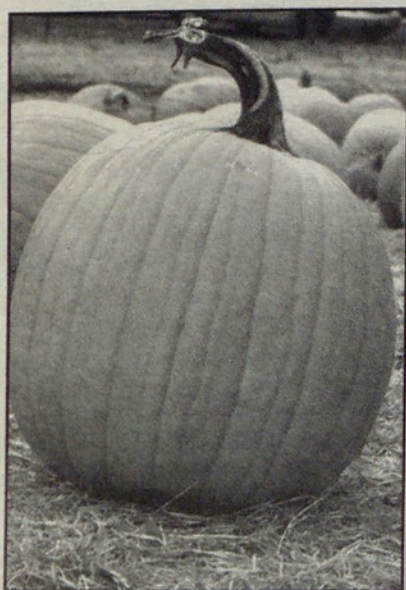
"A Giraffe!"
Becky Smith '08, Victoria Fruh '10



"I heart Sparta!"
Mandee Adams '08



"The words: 'That's what she said'."
Sarah Gudaitis '11, Briana Deary '11



"Um. Why don't we *hug* pumpkins this year?"

— A Pumpkin

Friars Scoreboard

Scores -- Standings -- Statistics -- Schedules -- Standouts

Standouts



Max Smith
Men's Cross Country
Senior—Dunedin, New Zealand

Smith led the Friars to an eighth place finish in a field of 40 teams at the Pre-Nationals by placing sixth individually. He ran a time of 23:22.



Danette Doetzel
Women's Cross Country
Junior—Macklin, Saskatchewan

Doetzel was the Friars' top finisher at the Pre-Nationals on Saturday, Oct. 13. She crossed the finish line in 20:23, leading PC to a ninth place finish.

Scores

<i>Friday 10/12</i>		
Women's Soccer vs. West Virginia	L, 3-0	
Men's Hockey at St. Lawrence	L, 4-1	
Field Hockey vs. Syracuse	W, 3-2	
<i>Saturday 10/13</i>		
Women's Tennis at Fairfield	Ind. Res.	
Men's Cross Country at Pre-Nationals	8th of 40 teams	
Women's Cross Country	9th of 38 teams	
Men's Soccer vs. Marquette	W, 2-0	
Women's Volleyball at Rhode Island	L, 3-1	
Men's Hockey at Clarkson	L, 2-0	
<i>Sunday 10/14</i>		
Women's Tennis at Fairfield	Ind. Res.	
Women's Soccer vs. Pittsburgh	W, 2-1	
Women's Field Hockey vs. Princeton	L, 2-1	
Women's Hockey at Maine	T, 2-2 (OT)	
<i>Tuesday 10/16</i>		
Men's Soccer at Boston College	W, 1-0	

Schedules

<i>Friday 10/19</i>		
Women's Hockey at Colgate		7:00 p.m.
Men's Hockey at Northeastern		7:00 p.m.
Field Hockey at Rutgers		7:30 p.m.
Women's Soccer at Notre Dame		7:30 p.m.
<i>Saturday 10/20</i>		
Swimming vs. Loyola		11:00 a.m.
Women's Volleyball vs. St. Francis		3:00 p.m.
Men's Hockey vs. Holy Cross		7:00 p.m.
Women's Hockey at St. Lawrence		7:00 p.m.
<i>Sunday 10/21</i>		
Men's Soccer at Pittsburgh		12:00 p.m.
Women's Field Hockey at Villanova		1:00 p.m.
Women's Soccer at DePaul		1:00 p.m.
<i>Wednesday 10/24</i>		
Men's Soccer vs. Seton Hall		3:00 p.m.

Standings

Men's Big East Blue Soccer (10/16)

Teams	BIG EAST	Overall
Connecticut	6-1-1	12-1-1
Notre Dame	5-0-2	8-2-3
West Virginia	4-3-0	8-4-0
Providence	3-3-1	6-4-1
Seton Hall	3-3-0	6-6-0
Georgetown	2-5-0	3-9-0
Marquette	1-6-0	2-9-1
Pittsburgh	0-6-1	1-10-2

Women's Big East American Soccer (10/16)

Teams	BIG EAST	Overall
Connecticut	6-0-1	10-1-1
West Virginia	5-1-1	11-2-2
Marquette	4-2-1	2-9-1
USF	3-2-1	4-5-2
St. John's	3-4-0	8-4-2
Providence	2-5-0	3-10-1
Syracuse	1-4-2	5-6-4
Pittsburgh	1-6-0	6-8-0

On the Sidelines with Abby Maguire

BY JIM ELLIOTT '09
SPORTS STAFF

Senior Abby Maguire is one of three returning seniors and a co-captain on the Providence College Women's Field Hockey Team. As a four-year starter,

FEATURE Maguire views the role of her fellow co-captains and herself as being a major part in giving direction and support to the team, especially the underclassmen.

"We all have a big role in leading and bringing energy to the team. The success of last year's team has put a lot of pressure on us to perform and hopefully we will be able to accomplish everything we have planned on," said Maguire.

The Lady Friars entered into the 2007 season with only eight returning upperclassmen and 14 underclassmen. With such a young team, the stress on underclassmen of handling a new environment, schoolwork, practice, and traveling can be very overwhelming.

"It's the job of all us upperclassmen to help comfort and direct the younger girls, specially towards the climax of the season," said Maguire.

Growing up in Southbury, Conn., Maguire attended Pomperaug High School. As an excelling athlete in basketball and field hockey, Abby's first interest was in playing D-1 basketball but later decided to pursue field hockey. She saw playing field hockey at PC as a great opportunity to make an initial impact in a building program.

"I was initially recruited by UConn, but I chose PC because the coaching staff was new, and they offered me a chance to immediately compete," said Maguire.

Maguire's love of competition does not just end in field hockey, but also includes PC intramural sports. She enjoys intramural kickball and basketball and has proudly participated on three championship flag football teams. Besides sports, she enjoys spending time reading and watching movies.



COURTESY OF SPORTS INFO

Senior Abby Maguire is one of three senior captains on this year's field hockey team. In her spare time, Maguire enjoys movies and reading.

"I have a hard time watching a full movie, but my favorites are mostly inspirational sports movies, comedies, '80s, and anything with Chris Farley."

Maguire's love of literature extends anywhere from Harlan Coben suspense novels to biographies of European royalty.

"As long as I can remember, my dad has always had his nose in a book or newspaper. My parents have really instilled in me a desire for knowledge along with the enjoyment of reading," Maguire said.

While on her way to a degree in management, Maguire plans on applying to graduate school in hopes of studying sports management. Ideally, Maguire plans on one day becoming a collegiate athletic director. Upon graduation, Abby and a few

friends plan on traveling to see the sights in Europe.

"I really want to see Spain. I've been working all summer for this and I can't wait to finally get the opportunity to see a bit of the world," Maguire said.

Maguire knows that she is going to miss playing field hockey here at PC when the season ends, but she is proud of all the hard work, accomplishments, and friendships she has made throughout the years. Abby believes that all her teammates have become role models on and off the field. She is particular proud of those who have not gotten the same playing opportunity because they work just as hard in improving the team but are not always given the rightful amount of praise.

With only four games left, Maguire is confident that the team will accomplish its goal and reach the Big East Tournament. At 10-6 the Lady Friars must win at least one more game to gain a spot in the division tournament.

"We have all worked really hard this year and I am really hoping it will pay off. Our goal is to advance into the Big East Tournament then ideally win and make a trip to the NCAA tournament," said Maguire.

Hopefully all will work out. The Lady Friars field hockey team's next game is Friday, Oct. 19, at Rutgers University. With any luck, Maguire and her teammates are well on their way to another trip back to the Big East Tournament.



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Up and Down Week for Friar Field Hockey

BY DAN OLLQUIST '10
ASST. SPORTS EDITOR

If there is one aspect of the 2007 Providence College Field Hockey team that cannot be criticized, it would be the strength of their schedule.

FIELD
HOCKEY

After missing out on the NCAA tournament a year ago despite being the Big East regular season champ, the Friars have made sure to schedule a number of tough opponents outside of their conference. So far the scheduling has resulted in a few more losses than the Friars are used to, but as Head Coach Diane Madl said, "It helps strengthen us for the Big East and winning this conference is our goal each and every season."

On Sunday, Oct. 14, Providence continued with their tough non-conference schedule when they hosted the 20th ranked Princeton Tigers. PC entered the game with a 3-0 record against Ivy League opponents this year, but the Tigers of Princeton quickly proved why they are on top of the Ivy League standings this season. Just 11 minutes into the contest, Princeton found the back of the net giving them a 1-0 lead and more importantly swinging momentum in their favor. The Tigers continued to feed off their early success and scored again at the 39:11 mark to give Princeton a 2-0 advantage.

Faced with the challenge of digging themselves out of a 2-0 hole against a ranked team, the Friars refused to quit in this contest. Shortly after Princeton connected on their second goal of the game, freshman Julie Ruggieri scored her team-leading eighth goal of the season to draw the Friars to within one goal at 2-1. After the Ruggieri goal the Friar defense buckled down. Sophomore goalkeeper Rachel Chamberlain made seven saves in net and senior Michalagh Stoddard helped anchor a quick and tenacious Friar defense.



COURTESY OF SPORTS INFO

Meghan Holden '09 scored the game winning goal in PC's 3-2 win over Syracuse on Friday, Oct. 12. Holden ranks second on the team with 6 goals and leads the Friars with 18 total points.

Despite the strong defensive effort, the Friars were not able to capitalize on their offensive chances and found themselves on the wrong end of a 2-1 score as time expired. "Princeton played a phenomenal game," noted coach Madl. "We simply could not sustain any momentum and when that happens it's tough to beat a team as good as Princeton is."

On Friday, Oct. 12, Providence took on the No. 18 Big East leading Syracuse Orange at the Providence College Field Hockey and Lacrosse Complex. Syracuse had been a surprise in the Big East this

season, entering the contest with an 11-3 overall record and a 3-1 mark in league play and PC made sure not to take the Orange lightly. From the opening whistle, the Friars played with an extreme sense of urgency, which resulted in three goals scored in just the first 15 minutes of the game.

Sophomore Adriene Marois kicked off the Friars' scoring barrage when she scored on a penalty corner off an assist from junior Jessica Lane at the 8:06 mark. Just 3:10 later, Lane was credited with her second helper of the game when she assist-

ed on senior Abby Maguire goal, which gave PC a 2-0 advantage. Providence continued their early offensive onslaught when junior Meghan Holden scored at the 14:28 off an assist from sophomore Nellie Poulin. Holden, who was named the Big East offensive player of the week two weeks ago, "has really come into her own," said Coach Madl. "She is one of the best conditioned athletes I have seen and she plays with tremendous speed and intensity."

The Holden goal gave PC a 3-0 lead which would stay until the 49th minute when Syracuse finally got on the scoreboard. Later in the second half, the Orange made things a little more interesting, scoring in the 65th minute to pull within one of the Friars. Thankfully PC was able to fend off the final Orange push and hold onto an important 3-2 league victory.

"We're a team of momentum," said Coach Madl. "Against Syracuse we got momentum on our side early and never relinquished it. We played with speed and really executed our attack well."

The win against Syracuse put PC at 2-1 in the Big East, vaulting them into the third spot of the Big East standings. The Friars now find themselves just a game behind Louisville in the Big East, putting them in position to defend their 2006 league title. The Friars have another vital week of action coming up as they play at Rutgers on Friday, Oct. 19, and at Villanova on Sunday, Oct. 21. Both Rutgers and Villanova have been playing well of late and have garnered recognition in the national rankings. In order to prepare for this week's important games, the Friars have been "focusing on out-letting the ball and attacking inside the 25-yard line," said Madl. "We need to be more opportunistic on the offensive end and if we're able to convert when we have opportunities we should be successful."

Tribe: A Discussion with Some Transplanted Tribe Fans

continued from back page

had season tickets up through high school. I would go pretty often and sit in the cheap seats. It was awesome.

Dr. Barbour: 1950, the year I started collecting baseball cards. I had to suffer through 45 difficult years. Baseball teaches you about suffering, but after mastering that lesson, I am ready for celebration.

Sports Boss: What is the importance of a championship to the city of Cleveland?

Father Vidmar: We have had a really good team in the mid-late '90s but before then it had been a real struggle. The magic is starting to come back because of the Indians and Cavaliers. Even the Browns are turning their season around but a championship would be great.

Father Blau: It would definitely be good for business, and it would energize the city as Boston and New York have seen. All cities need this once in a while.

Sports Boss: What impresses you most about this 2007 team?

Father Vidmar: Pitching. C.C. Sabathia is a legitimate Cy Young contender. Fausto Carmona came out of nowhere and we have gotten 15 regular season wins out of Paul Byrd along with fantastic postseason play. At the start of the season, this Indians team was expected to finish fourth (behind Detroit, Chicago and Minnesota) in the division.

Father Blau: They are scrappers. They don't give up, and they have a real team spirit.

Dr. Barbour: Their grit and the professional way they go about their business.

Sports Boss: In the 2007 Postseason, do you think the Tribe has gone somewhat unnoticed due to the significant streaks other teams have been on?

Father Vidmar: Certainly. Everyone in the American league was expecting a Yanks-Sox series while the Rockies' success is a whole other incredible story.

Father Blau: Absolutely. It's like the entire East Coast has just heard the alarm in the morning and is saying, "Whoa, what's up? What is this?" They were totally unnoticed and therefore underappreciated in the threat they

could be.

Dr. Barbour: No question. We snuck up on the Yankees and were probably the least noticed team in the playoffs.

Sports Boss: Who is the team MVP or difference maker in your eyes?

Father Vidmar: I think the difference maker in this team is Jhonny Peralta. He's young, full of energy, and we haven't had an impressive shortstop since Omar Vizquel.

Father Blau: After the last couple of games it is between Trot Nixon, Kenny Lofton, and the bullpen.

Dr. Barbour: The best player on the team is Victor Martinez. During the season they benefited from three

injuries to Marte, Westbrook, and to Dellucci which opened space for better players. I have to say the difference maker was Asdrubal Cabrera.

Sports Boss: What would you trade or give up for a Cleveland Indians World Series title?

Father Blau: Well, as a starter I would not object to trading a couple of cities or states out East here (you know which ones). I'd trade off most of the country and hemisphere. I'd be willing to trade them away for a World Series title or two. Who wouldn't? The possibilities are endless. But God owns it all as it is, and He's already a Cleveland fan!

Dr. Barbour: The WEEI button on my

car radio.

Sports Boss: What is your prediction for the rest of the Postseason?

Father Vidmar: I really like our chances. You never want to get overconfident but I'd rather be up in the series than down. It is easy to get nervous when you have the likes of David Ortiz and Manny Ramirez in your opponents lineup.

Father Blau: We are going to take it all, and Cleveland will be a'rockin'. Remember friends, in the end, it's only a game. Get a hot dog and a coke, sit back with good friends and enjoy it "Field of Dreams" style.

Dr. Barbour: That none of us will get much sleep. Go Tribe!

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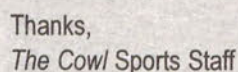
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FRIARS LOSE TWICE IN OPENING WEEKEND

BY RYAN HOLT '09
SPORTS STAFF

In major college sports, teams from power conferences usually load the front end of their schedules with "cupcake" games against teams from smaller conferences with far less talented players. For the Providence College Men's Hockey Team, this is not the case. The Friars began their 2007-2008 campaign with two tough road contests in upstate New York, both against nationally ranked teams. On Friday, the Friars fell to No. 15 St. Lawrence, 4-1. On Saturday, they were defeated by No. 7 Clarkson, 2-0.

Though they lost 4-1 to St. Lawrence, but the score did not tell the full story of the game. They finished a hard fought first period in a scoreless tie, out shooting the Saints 15-13. Nearly seven minutes into the second period, the Friars took the lead 1-0. Junior Pierce Norton scored on assists from senior goalie Tyler Sims and freshman Matt Germain.

The lead did not last for long. Two minutes after Norton's goal, St. Lawrence's Jeremiah Cunningham tied the game 1-1. The Friars and Saints headed into the locker rooms just as they did after the first period, tied.

St. Lawrence put themselves on top, for good, mid way through the third with a goal from Matt Generous. They added to the total two minutes later with a goal from Casey Parenteau.

The Friars tried to fight back from 3-1 to no avail. They had some good opportunities and some good shots; they even hit a few posts. The score, however, remained 3-1. They played the Saints tough until the final buzzer. In the final minute, Charlie Giffin added an empty-netter, giving St. Lawrence their final goal of a 4-1 victory.

Senior goalie Tyler Sims had 39 saves in the game.

"We did a lot of good things. I thought we played well for most stretches. Both teams put a lot of pucks at the net. We got a bit unraveled after they broke the tie," said Friars Head Coach Tim Army. He added, "Our youth probably gave us that reaction. We just tried to do too much too early and exposed ourselves. We played tough against a tough team in a tough building."

On a positive note, freshman Matt Germain had his first point as a Friar on his assist on Pierce Norton's goal in the first period.

"I was excited to get it. You always look forward to getting that first one on any level," said Germain.

On Saturday, the Friars gave Clarkson a tough game. They played nearly the entire game from a comeback stance; two minutes into the first period, as Shea Guthrie gave Clarkson a 1-0 lead.



COURTESY OF SPORTS INFO

Junior Pierce Norton scored the Friars' first goal of 2007 in a 4-1 loss to St. Lawrence on Friday night. This weekend, the team will host Northeastern in its home opener on Saturday, Oct. 20, at 7:00 p.m.

The Friars almost tied the game with about five minutes left to play in the first, when freshman Kyle MacKinnon just missed, hitting a post. About a minute later, Clarkson's Steve Zalewski doubled the lead at 2-0. That would end up as the final score.

The Friars had some more chances, but none resulted in goals. Like on Friday, they played tough to the end.

"We played better Saturday. We came out and played really well. We had some costly turnovers. We hit some posts, we had our chances. We seemed sharper that night. We were more consistent. We just got behind early and couldn't come back," said Army.

It was a tough weekend record-wise for the Friars. There were, however, many positives. They played well on the road against two top-15 teams, they played tough until the end of both games, and their freshmen were thrown right into the mix, getting some early experience.

"We did more good than bad this weekend. We'll keep trying to work it, and make sure we're getting better," said Army. "We went stride for stride with them. We were better this year than two years ago when we started there. We need to get better, and we're capable of doing so," he added.

"It's positive for us. We played some good teams. It will get our speed going, get our freshmen going. It's more positive than negative," said junior Assistant Captain Cody Wild.

The freshman adapted well to their first two games.

"They played really well. We had good minutes from all of them. Our freshmen look very good. You open up in some tough buildings with some tough teams, its how you learn, and how you get better," said Army.

"They reacted really well," said Wild.

It doesn't get any easier for the Friars. Friday, they're back on the road; they'll begin their Hockey East season against Northeastern. The Friars and Huskies play with two varying styles: the Friars play a more fast-paced, offensive game, while the Huskies play a slower, more defensive game.

"They play a different style than we do. It will be a typical Hockey East game. They made a jump last year, and they have a good recruiting class. It will be a good test. We need to go up and make sure we bring our game, tighten up," said Army.

"They play a clutch and grab game. It should be a tough, physical game," said Wild.

On Saturday, the Friars will open up their home schedule with a tough match-up against Holy Cross.

"They have a young team too. They're very talented. They're a quality program," said Army.

Saturday's game begins at 7:00 p.m. at Schneider Arena and admission is, as always, free for PC students.

"We can't wait to get home, I hope the fans show up, and we can show 'em how good we are," said Wild.

PC: Still Alive in the Big East

continued from back page

that goal might have went off the crossbar, but now I feel that our luck is changing, and the Soccer Gods are smiling down on us."

On Friday, No. 21 West Virginia University scored three goals in the second stanza to beat the Providence College Friars 3-0.

"We knew that West Virginia was a powerful program and a powerful team, but playing at home was an advantage for us," said McGirr. "I thought we did a good job at staying in the game early on and through the entire first half, especially on defense and on controlling the ball."

In the first stanza, senior keeper Laura Elfers made four saves for the Friars to keep the game scoreless. But the Mountaineers broke the scoreless game open in the second stanza when Natalie Cocchi headed the ball from six yards out into the Friars' net during the 65th minute of the game.

Cocchi's shot was quickly followed by another Mountaineers' score, just five minutes later, when West Virginia University's Deanna Everett took a shot from 10 yards out and booted it in the back of the net to give the Mountaineers a 2-0 lead.

In the seventy-third minute, the Mountaineers had another opportunity to

score when Carolyn Blank shot high toward the Friar's goal. But Elfers deflected the ball off her fingertips and out of danger, ending the Mountaineers' scoring chance.

The Mountaineers' final score came in the eighty-eighth minute when Kim Bonilla crossed the ball in front of the net towards teammate Ashley Banks, who received the cross and took a shot from five yards out for the goal.

Elfers finished the game with six saves and Spatafore, who came in off the bench, had the only shot on goal for the Friars. The Mountaineers out-shot the Friars 25-2 and 9-0 on corner kicks.

PC is now 3-10-1 on the season and 3-5-0 in the Big East. The Friars have just four games left to play this season and will head out onto the road for each of them, starting with a trip to South Bend, Ind., on Friday, Oct. 19, at 7:30 p.m. to take on the No. 25 Fighting Irish of Notre Dame. Then on Sunday, Oct. 21, at 1:00 p.m. the Friars will head to Chicago, Ill., to take on DePaul in another critical Big East match-up.

"Notre Dame is going to be a tough game, but we just need to stay positive and continue playing hard and playing like a team," said Banko. "If we can continue to do that then we can make the Big East Tournament."

Soccer: Two Big Shutouts

continued from back page

er weapon and some quality minutes. He also gives the other team something to worry about aside from Ryan Maduro or Jonathan Medcalf."

This week the team will take to the road for a match at Pittsburgh on Saturday, Oct. 20 in hopes of bringing their winning streak—as well as their shutout streak—up to three games. The game will also give the Friars another chance to get accustomed to playing on the road, an important skill for any team that wants to be successful in the playoffs.

"Pittsburgh is a tough place to play," said Daley. "It's usually a wet field because of the terrain and there's going to be some weather in the area this weekend. They're going to be physical and scrappy and desperate. They only have four games left, like everyone else."

While Pittsburgh is 0-6-1 and on the outside looking in terms of the Big East Tournament, the Friars have a chance to clinch a berth on Saturday if they win and Marquette either ties or loses to Georgetown.

"That's the motivation for the weekend," said Daley. "The game could be ugly or it could be beautiful. The most important thing is that we get three points and put [a Tournament spot] to bed. If we can do that, then we'll look at how we can get ourselves in a better position in terms of hosting a game instead of having to travel."

As of right now, the Friars sit in fourth place in the highly competitive Big East Blue Division behind Connecticut, Notre Dame, and West Virginia with a 3-3-1 conference record. Barring a four-game losing streak, they are in good shape to qualify for the Tournament.

But the Friars know the season is far from over, even if they do beat Pitt this weekend. They will still have three games left, including matches against nationally ranked No. 3 Notre Dame and No. 13 West Virginia.

Two of PC's last three contests come on the road, which has been a weakness for the Friars all season.

Though the Friars have only allowed four goals at home this season, they have won just two games away from Glaxo Field in 2007. While travel and an unfamiliar surface can throw any team off, the best teams are those that can overcome these challenges.

Since it is unlikely that the Friars will host an NCAA Tournament match, the team needs to capitalize on any opportunity it gets to practice playing—and winning—away from home.

"It's never easy to win on the road in our league," Daley said. "There are so many different styles of teams and types of fields. The weather is so different in October and November. Every game is so difficult but we're in a position where we can control our own destiny. Now we just need to worry about ourselves because there are so many big games that can either affect or end our season."

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Providence Nets Second Conference Victory

BY MIKE SPRINGER '08
NEWS EDITOR

Wrapping up its final home game of the season at Glays Field, the Providence College Women's Soccer Team presented its six seniors: Keeper Laura Elfers; midfielders Danielle Wieneke, Ashley Amaral, Morgan Spatafore, and Kelsey Kirkpatrick; and defensive back Laura Vecchione with gifts of flowers and photographs before the Friars' game against the University of Pittsburgh in celebration of Senior Day, Sunday, Oct. 14. But the best gift of the day came in the second stanza, when a misplaced ball by the Panthers' goalkeeper went into the back of the net to give the Friars the 2-1 victory over the University of Pittsburgh.

"I was looking for the three ball and it just deflected off of the defender's foot and went in on the keeper's blindside," said sophomore Nicole Benko after the game on Sunday.

In Sunday's game, Pittsburgh struck first, when Ashley Habel scored on a penalty kick inside the keeper's box in the ninth minute of the game. Habel was awarded the penalty kick after her teammate Maura Caslin tripped over her own feet inside the Friars' box and PC was called for the foul.

On the penalty kick, Habel shot the ball, which rolled past Elfers and into the net to give the Panthers the 1-0 lead.

Moments later, the Panthers found



COURTESY OF SPORTS INFO

Sophomore Tara Ricciardi scored one of two Friar goals against Pitt in PC's 2-0 victory over the Panthers on Sunday. The Friars now have two conference wins.

themselves with another chance to score when Pitt was given an indirect kick that was headed by the Panthers' Liz Carroll in

front of the Friars goal. Carroll's header missed and Friar sophomore midfielder Tara Ricciardi took the rebound and

kicked the ball down the field, ending Pitts' possession.

Ricciardi came up big for the Friars again when she received the pass from teammate Morgan Spatafore in front of the Panthers' net and sent the ball passed Pitts' diving keeper Alison Finch and into the left corner of the goal. The goal was Ricciardi's first of her career and tied the game up at one a piece with just a minute left to play in the first stanza.

"That was a huge goal for us," said Ricciardi. "Once we scored it, I knew that we were going to win."

The goal brought new life to the Friars and as the half came to a close, the second stanza was all PC.

At the 67th minute of the game, the Friars had the chance to extend their lead. Wieneke tried to feed the ball to junior forward Victoria Neff who was alone by the corner of the Pitt goal. But Wieneke misplaced the pass and it was taken away by a Pitt defender and sent down the other end of the field.

A break came for the Friars at the 16:33 mark in the second stanza when Banko shot a ball that went off the leg of the Pitt defender. The ball then took an odd bounce off of the ground and went into the back of the goal to give the Friars the 2-1 win.

"The only way to score goals is to put pressure on someone and that's what we were able to do this game," said Head Coach Jim McGirr. "Early on in the season

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The Sports Boss Has a Tribal Talk

BY BRADLEY CHEN '08
SPORTS STAFF

While the Rock and Roll Hall of Fame is out in Cleveland, plenty of fans are hearing the sweet music of baseball here at

Providence College. We tracked down a few of the PC

FEATURE "Tribe" who want to see their Indians win the World Series for the first time in 59 years.

Did I forget to mention these fans are our professors? Guys and gals please don't hate your teachers if the Indians do get their championship. Father Vidmar, Father Blau and Dr. Barbour all weighed in on their feelings toward the 2007 postseason and why they love this team.

Sports Boss: When did you first become a Cleveland Indians Fan?

Father Vidmar: I've been a Cleveland Fan since I was born because I grew up there. My first game was an interesting one. I was six years old and with my dad. In the middle of the game I started throwing up everywhere and my dad was quite angry with me because we had to leave before the game ended. The reason for the puking was because I ate a whole bag of peanuts only to find out later on that I was allergic to peanuts!

Father Blau: When I was born. It's genetic. My family

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Friars Feast on Eagles in Two Shutouts

BY ERIN REDIHAN '08
SPORTS EDITOR

The Providence College Men's Soccer Team picked the right time to get hot. With just four games left in the regular season—and two of them at home—the Friars are making a strong case as to why they deserve to play not

MEN'S SOCCER only in the upcoming Big East Tournament, but also in next month's NCAAAs.

This week, the Friars played arguably their best two games all season—shutouts over Marquette on Saturday, Oct. 13, and against No. 9 Boston College three days later on Tuesday, Oct. 16.

The Friars traveled to Chestnut Hill, Mass., on Tuesday hoping to beat their first ranked team in 2007 and improve their chances of hosting a Big East Tournament game.

"There have been a couple of games this season, specifically against Rhode Island, Harvard, and Georgetown, that were major letdowns," said Providence Head Coach Chaka Daley. "We stressed to our guys that we needed a win if we wanted to get two opportunities in the postseason, in making the Big East Tournament and winning a non-conference game to be eligible for the NCAAAs."

But in order to host a game, PC first needs to earn a berth in the bracket. A win over a team the Friars had not beaten since 1999 would show that they were serious about making a late season push. The way the team played against the Eagles proved that it is up to the challenge. The game started out as a defensive battle,



COURTESY OF SPORTS INFO

Though he did not score in two games this week, sophomore Jonathan Medcalf has been a key part of the Friars offense this season and someone for the other team to worry about, according to Head Coach Chaka Daley.

with a few BC close calls, scoring wise, but nothing got past Friar goalie Timothy Murray.

"In the first half, BC had a great chance but Murray kept them at bay," said Daley. "He does all the little things that don't make the score sheet. These are the little things that keep us in the game. In soccer, goals are very important because they change the game."

This season, Murray has allowed just 14 goals in 13 games against some of the best teams in the country.

Then freshman Alex Redding, in front of what was essentially a home crowd for the Newton, Mass., native, shot a pass from

classmate Matt Marcin off his left foot past Eagle goalie Chris Brown, the only goal in the game. This was all that PC needed, thanks to strong defense and another stellar outing in goal by Murray. Murray, who finished with seven saves, earned his sixth shutout of the year. He has not allowed a goal since the 3-0 loss to Connecticut on Oct. 10.

"I think his mental approach to games has improved," said Daley. "You have to remember that he only played in two games last season and now this year. Even though he's a junior, he's new to the experience of playing big games on the road. He's constantly improving and very clued in. He's made some

crucial saves."

Boston College was the second solid Eagles team that PC beat last week. On Saturday, the Friars played host to the Marquette Golden Eagles. Though Providence controlled the ball through much of the first frame, the half time score was 0-0. Murray stopped both first half shots fired his way.

"It was a tough first half," said Daley. "There was no real emotion to the game; it was non-descript. We were definitely more on the ball, we had possession more. Then in the second half, we took the game by the scruff of the neck and scored two wide awake goals."

The Friars came out fighting in the second stanza. Senior Michael Narciso just missed wide of the goal off a pass from freshman Michael Perreira. The team was finally able to capitalize on one of its multiple scoring chances in the 64th minute when senior Ryan Maduro scored his fifth goal of the year off a pass from sophomore Toussaint McClure.

"We desperately needed a win," said Daley. "We needed to appreciate what it felt like to win again."

PC put the Golden Eagles away with an insurance goal from freshman Alex Redding with 12 minutes to play. This was Redding's first collegiate goal.

"We expected him to be influential on our team as a freshman," said Daley. "In the recruiting process, it is difficult to assess at what point a player will influence a team. He's finding his niche now, which gives us another

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